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MAY 2015

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• QUICK PREP • PARTY PERFECT • MAKE-AHEAD • GOOD FOR YOU

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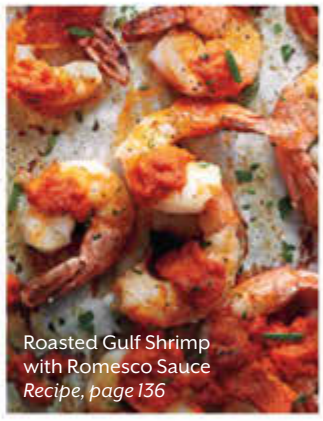

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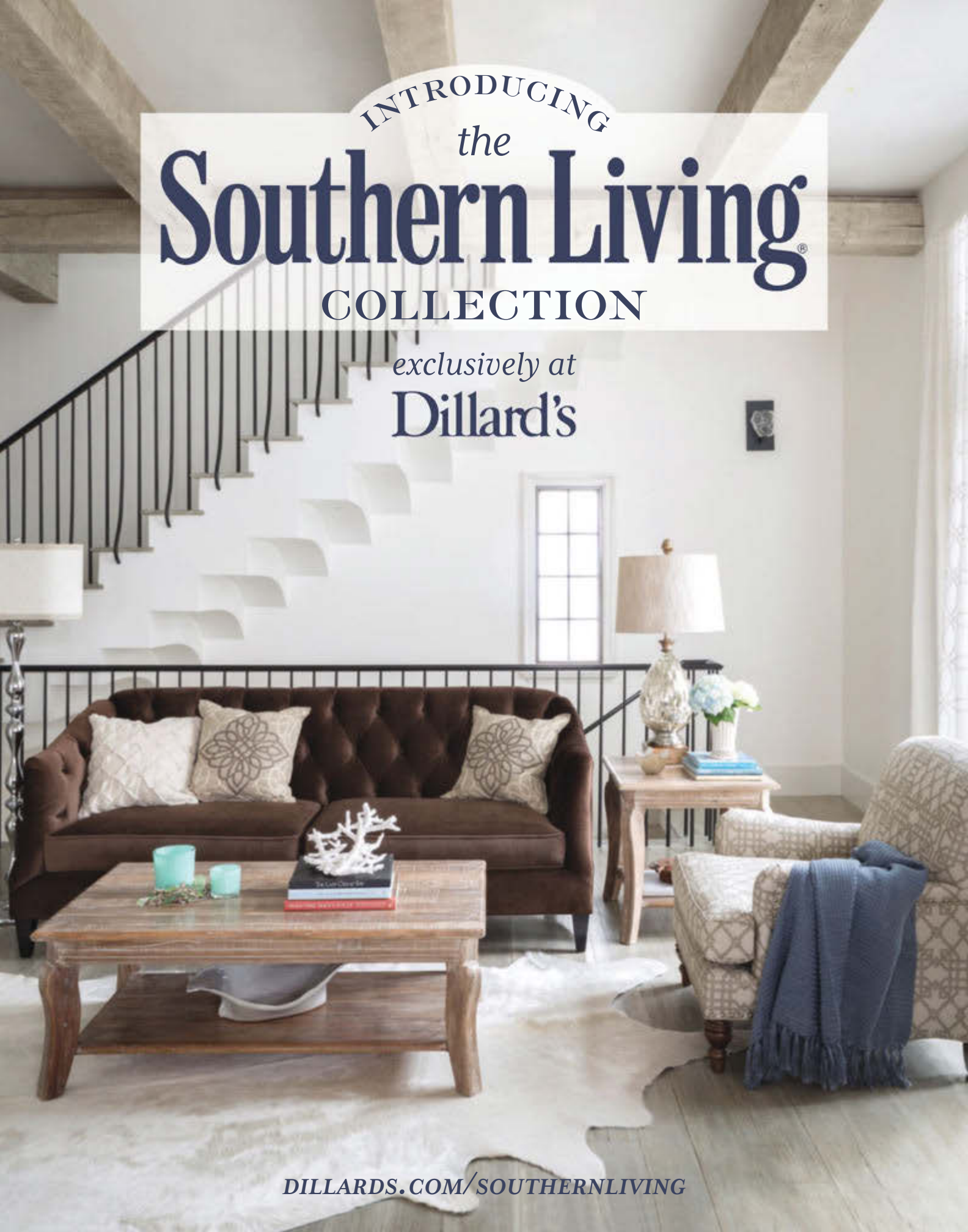
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A Little Porch Time

We all need a place to unwind, unplug, and tune in to the things that matter

WHEN MY WIFE, SUSAN, AND I BOUGHT our previous home in Charleston, South Carolina, we chose it for one reason—the porch. It was a big, wide screened porch that wrapped around the whole house, and it had a classic "haint" blue ceiling (to keep away evil spirits) with pale gray floorboards. Our kids were little at the time, and they treated it like a racetrack, making endless loops (and black streaks) with their strollers, Big Wheel toys, and tricycles. At the end of a long day, Susan and I would relax with a glass of wine and watch lap after lap.

We had a lot of parties on that porch too—cookouts, birthdays, a baby shower—some of them unplanned. One night, we had some friends show up with guitars, and they kept us up playing music and singing songs until the wee hours, even though we all had to go to work the next morning. It was almost as though the porch made them do it.

We have a much smaller porch now, not nearly big enough to ride a tricycle around, but it's fast becoming our favorite room in the house. After nearly a year of letting it sit unloved and unfinished, we finally fixed it up. You can see the result on page 33. I don't know what took us so long. Of all the rooms in the house, it's where we feel the most relaxed, the most unplugged. With four chairs around a coffee table, it's designed for conversations, for a glass of sweet tea, or for just sitting and watching the kids chase lightning bugs in the yard. There's not much else to do out there, which is exactly why we like it.

In this issue, we have two other stories on porches (including one in Texas and one in Georgia) to give you ideas for making that the best room in your house. I've always thought *Southern Living* should feel as lively and fun as a great porch, a place where everyone is welcome, where there's always good conversation, and where you can take a few minutes to appreciate what you have.

SID EVANS, EDITOR IN CHIEF
SID@SOUTHERNLIVING.COM; @SIDMEMPHIS

WIN A LOWCOUNTRY STAY!

Anchorage 1770 *(anchorage1770.com)* opens this month in Beaufort, South Carolina. Located at 1103 Bay Street, it's just down the road from the home on our cover. Named after the year it was built, Anchorage 1770 has been restored to its grandeur and features 15 guest rooms, over 1,500 square feet of porches, and happy hour nightly on the rooftop deck. See below to learn how you could win a two-night stay!

The Anchorage 1770 Getaway Contest begins on 4/15/15 at 12:01 a.m. EDT and ends on 5/29/15 at 11:59 p.m. EDT. Open to legal residents of the United States, age 21 or older at the time of entry. Void where prohibited by law. For official rules and instructions on how to enter, go to *southernliving.com/anchorage1770*. Winners will be responsible for their own transportation.

THANK YOU FOR SHARING YOUR SOUTHERN LIVING STORIES WITH US. WE'LL HIGHLIGHT SOME THROUGHOUT THE YEAR.

LETTER OF THE MONTH:

My experience with Southern Living *began in 1974. I had married a boy with Kentucky-Tennessee roots. I am from New York. I had no idea of Southern cooking. The first time he asked for greens, I gave him a salad. When he asked for gravy for his biscuits, I thought it was weird, but I opened a package of brown gravy. When we went to his mother's house on Sunday, I overheard her say to her sister, "My baby is going to starve to death." I saw your magazine in a store. I took it home and began my journey into a new kind of cooking. In 1980, I bought* Southern Living: Cooking Across the South *by Lillian Bertram Marshall. It's still my go-to book. I love the recipes, especially the stories about them. I still get great recipes, decorating ideas, and places to go from your magazine. Thanks for turning a Yankee into a fairly good Southern cook.*

—JENNIFER PEIRSON
LOUISVILLE, KY

WRITE US!

If you have a question or comment, please write to Sid Evans, 2100 Lakeshore Drive, Birmingham, AL 35209.

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"WHAT MADE YOUR MOTHER'S HOUSE A HOME?"

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"No accomplishment of my brother's or mine was too small for an armful of balloons."

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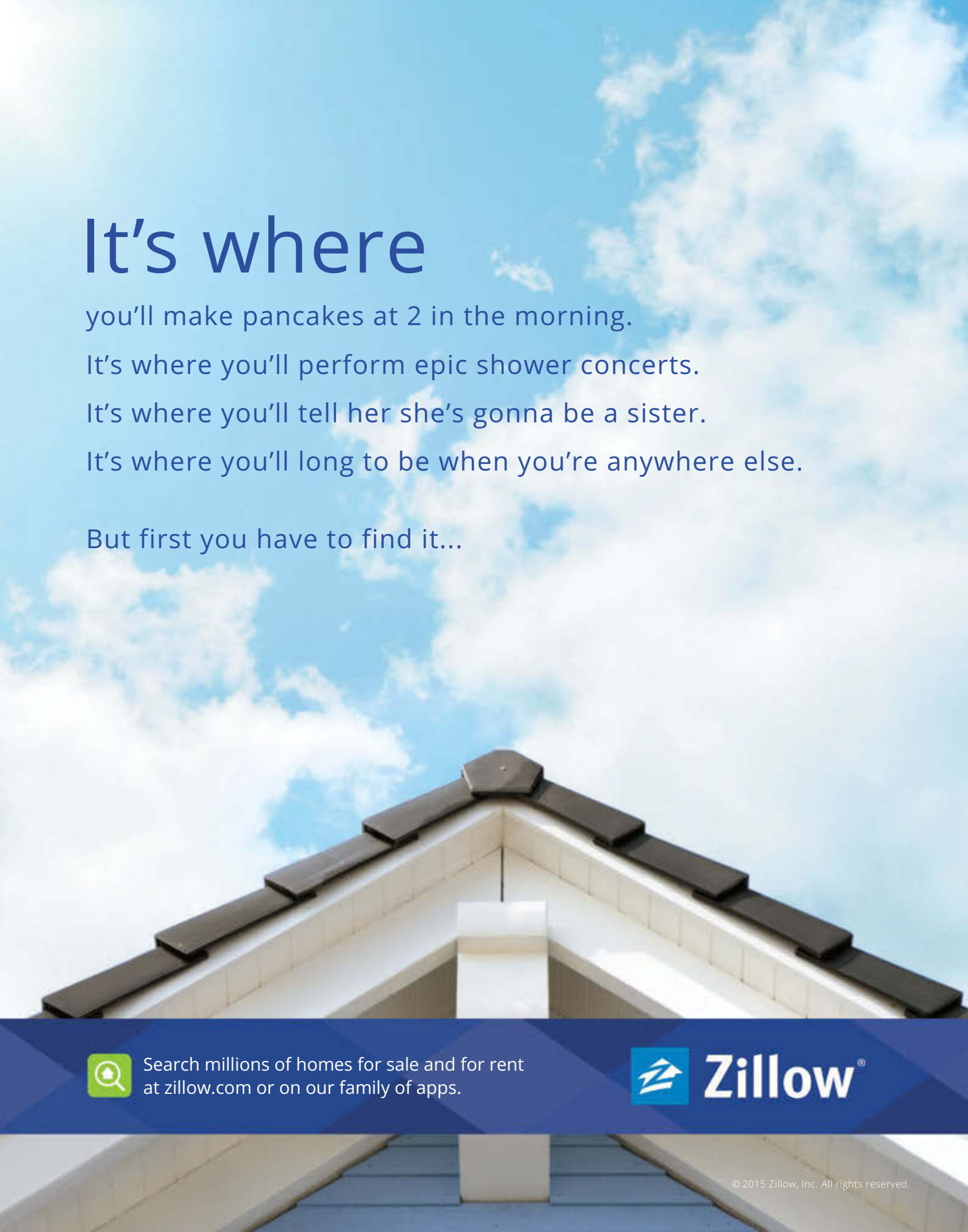
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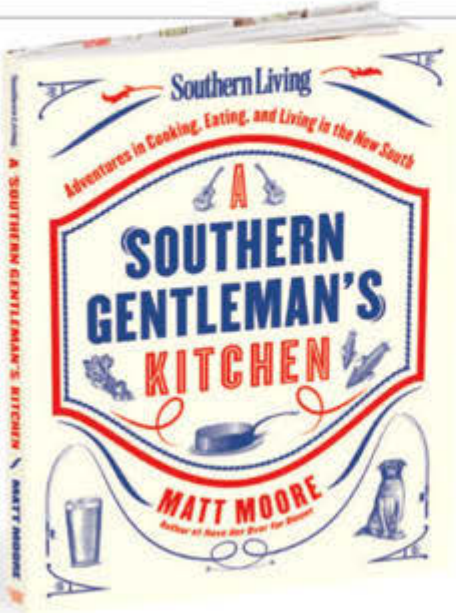

Nashville cook Matt Moore wants all Southern gentlemen to feel comfortable whipping up a great meal. But you don't need a Y chromosome to find inspiration in Moore's collection of 130 recipes with classic and New South flavors. All Southern cooks—men and women alike—will want to keep this book close at hand.

PULLED PORK BARBECUE NACHOS

- 2 Tbsp. unsalted butter
- 2 Tbsp. all-purpose flour
- 2 cups milk
- ½ tsp. kosher salt
- 3 cups (12 oz.) shredded Monterey Jack cheese
- 1 lb. smoked pulled pork
- 1 cup bottled vinegar-based barbecue sauce
- 1 (15-oz.) can black beans, drained and rinsed
- 1 (12-oz.) package blue corn tortilla chips
- 3 plum tomatoes, seeded and diced
- ¼ cup finely chopped fresh cilantro
- ½ cup sour cream
- ½ cup guacamole
- ¼ cup pickled sliced jalapeño peppers

1. Melt butter in a medium saucepan over medium heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk; cook, whisking constantly, until mixture is thickened and bubbly. (Be careful not to scorch milk.) Stir in salt. Remove from heat, and stir in cheese until blended and smooth; keep warm.

2. Combine pork and barbecue sauce in a medium saucepan. Cook over medium heat, stirring occasionally, 2 to 3 minutes or until thoroughly heated; keep warm. Cook beans in a small saucepan over medium heat, stirring occasionally, 2 to 3 minutes or until thoroughly heated; keep warm.

3. Arrange half of chips in a single layer on a large serving tray. Layer with half each of beans, pork mixture, tomato, and cilantro. Drizzle with 1 cup cheese sauce. Repeat layers with remaining chips, beans, pork mixture, tomato, and cilantro. Drizzle with 1 cup cheese sauce. Top with sour cream, guacamole, and jalapeño peppers. Serve with remaining cheese sauce.

MAKES 8 to 10 servings. **HANDS-ON** 19 min.; **TOTAL** 19 min.

TUESDAY NIGHT HAMBURGER STEAK

- 1 lb. ground chuck
- 1 ½ tsp. kosher salt, divided
- 1 tsp. freshly ground black pepper, divided
- ½ tsp. garlic powder
- 1 Tbsp. extra virgin olive oil
- 1 medium Vidalia or sweet onion, coarsely chopped
- 1 (8-oz.) package fresh mushrooms, quartered
- 2 Tbsp. all-purpose flour
- 1 ¼ cups beef stock
- Dash of Worcestershire sauce
- Garnish: finely chopped fresh parsley

1. Shape meat with hands into 4 (3-inch) patties (each about ¾ inch thick). Season both sides of patties with 1 tsp. salt, ½ tsp. pepper, and garlic powder.

2. Place a 12-inch cast-iron skillet over medium heat 1 minute or until hot. Add patties, and cook 4 minutes on each side. Transfer patties to a plate, reserving drippings in skillet.

3. Add oil to reserved drippings in skillet, and cook over medium heat until hot. Add onion, mushrooms, and remaining ½ tsp. salt and ½ tsp. pepper; sauté 8 minutes or until onion is slightly browned and tender.

4. Sprinkle flour over onion mixture. Cook, stirring constantly with a wooden spoon, 1 minute or until flour is thoroughly blended and smooth. Slowly stir in beef stock, stirring to loosen browned bits from bottom of skillet. Stir in Worcestershire sauce, and bring mixture to a light boil, stirring constantly.

5. Reduce heat to medium-low, add patties to skillet, and simmer 10 minutes or until patties are thoroughly cooked and gravy thickens. Place patties on individual serving plates, and top each with gravy.

MAKES 4 servings. **HANDS-ON** 46 min., **TOTAL** 46 min.

NACHOS: HELEN DUJARDIN; PROP STYLING: MINDI SHAPIRO; FOOD STYLING: TORIE COX

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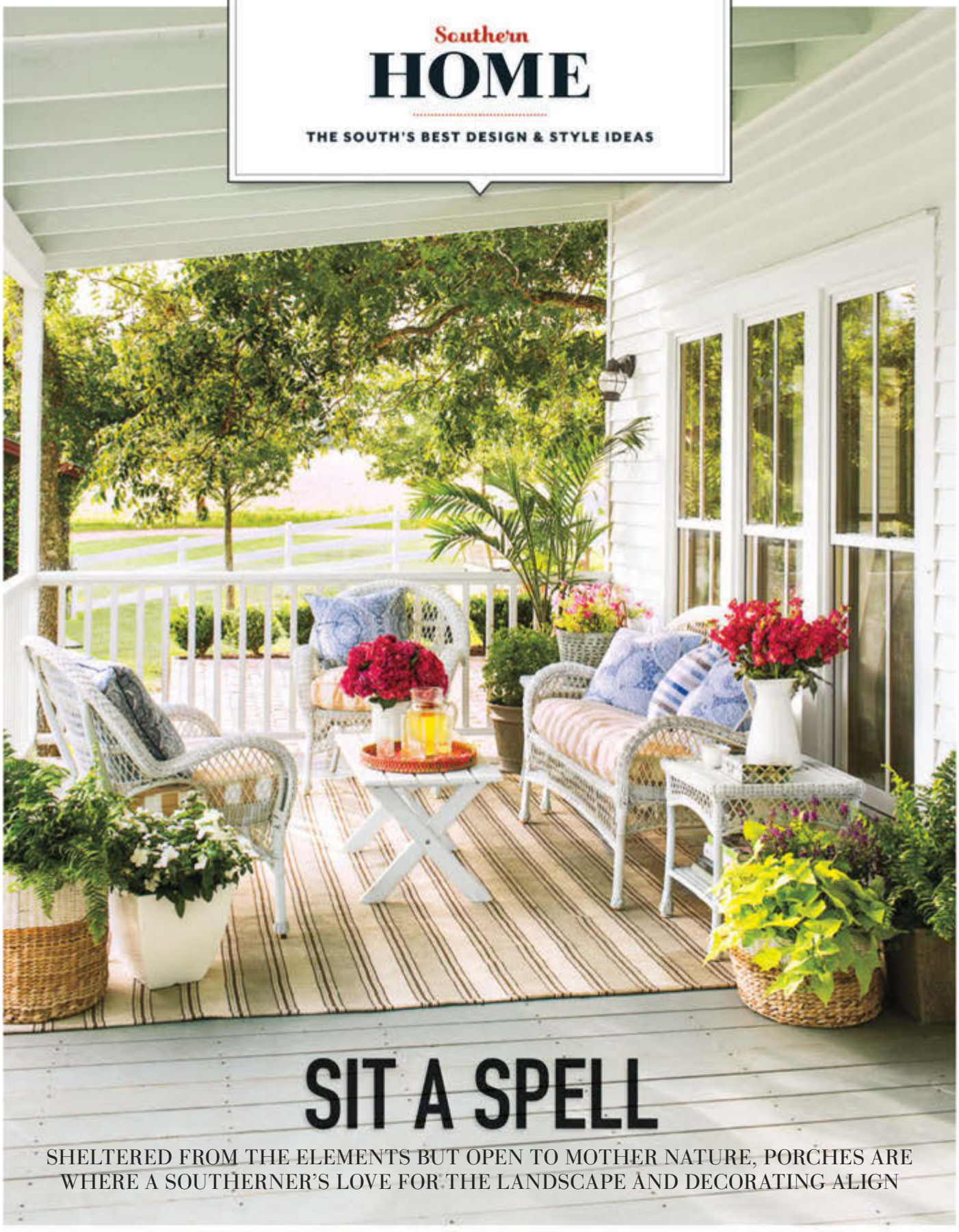

SIT A SPELL

SHELTERED FROM THE ELEMENTS BUT OPEN TO MOTHER NATURE, PORCHES ARE WHERE A SOUTHERNER'S LOVE FOR THE LANDSCAPE AND DECORATING ALIGN

by MIMI READ ~ photographs by LAUREY W. GLENN ~ styling by ELIZABETH DEMOS

THE FRONT PORCH

A traditional wooden porch swing is cozied up with blue-and-white cotton pillows from HomeGoods. A rustic bench serves as a side table.

IT'S NO WONDER that the opening scene in *Gone with the Wind* takes place on Tara's front porch. After all, in the South, porches are more than architectural concepts.

These outdoor living rooms have long been embedded in the Southern psyche because so much of our lives happen on them. Thanks to our mild climate and glorious scenery, porches have always been the most pleasant places on earth to court, think, sit, swing, rock a baby, eat supper, play cards, read a newspaper, catch breezes, and chat with those who happen to pass by as well as those up in the porch's elevated embrace.

Some Southern porches are bastions of tradition, others radiate a more contemporary chic, and still others are humble places where sagging sofas get dragged out for one last hurrah. But whatever their characteristics, porches are by definition romantic.

They're safe yet never static transitional zones between the clatter of the outside world and the tranquility of home. Porches are steeped in the magic of in-between places, putting us in touch with the rhythms of nature but letting us hang onto a sense of decorum and comfort. In that way, they're the best of both worlds.

THE TEXAS FARMHOUSE PORCH

FAYETTEVILLE, TEXAS

ASHLEY PUTMAN, a graphic designer, and husband Steve Putman, an attorney, live with their two young sons in Houston. But on weekends and holidays, the family heads for their peaceful Victorian farmhouse 90 minutes away in Fayetteville. A simple white clapboard house with an unassuming air, it has two porches—a front sitting porch with a swing and a back dining porch Ashley and Steve added to the house. Both have become centers of family life, where the family plays board games, reads, and entertains.

THE ARCHITECTURE Both the front and back porches were designed and built in the same vernacular style as the circa-1920 farmhouse. "A wraparound porch would have been more spacious," says Ashley, "but it was more important to us that both porches fit the house, which

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HGTV HOME by SHERWIN WILLIAMS
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THE BACK PORCH

Ashley found small-scale white wicker seating pieces that wouldn't overpower her small back porch at Pier 1 Imports and had beige-and-white striped cushions made to fit the chairs and sofa.

is small, quaint, and super-simple." Both porches take in sweeping views of pastureland dotted with pecan and oak trees. The 10- by 26-foot front porch has pine plank floors that are stained soft gray and a ceiling with exposed rafters. Following the Southern tradition, the Putmans painted the ceiling "haint" blue, thought to ward off nesting birds and evil spirits. The back porch is longer and deeper but generally built to the same scale, and because it's directly outside the kitchen, it's used for open-air dining.

THE DECORATING Ashley tackled both porches with her own spirited style. She created a mix of all-white vintage and new furnishings topped with crisp cushions and pillows. For an easygoing country feel, she kept to a palette of blues, whites, and beiges. Lush potted plants and flowers in baskets and pitchers bring on more color in abundance. "We don't have a garden yet, but I can still get that gratifying feeling of watching something grow," she says of her overflowing baskets.

THE VIEW In spring and early summer, the Putmans eat almost every meal on the back porch overlooking a pasture with a large pond that Steve and Ashley dug so their boys could have a place to swim, fish, and paddle a canoe. Just to the right of the porch is an in-ground trampoline, so sometimes parents get a surreal view of kids popping sky-high up into the air. Those who sit on the front porch's painted white swing look out over another pasture with a smaller natural pond.

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THE EXTERIOR

The Jaakkolas replaced frilly, Victorian-style railings on their house with a plainer style that underlines the view of water and marshland.

THE LOWCOUNTRY PORCH

ISLE OF HOPE, GEORGIA

JUST MINUTES from downtown Savannah lies a small island community called Isle of Hope, where massive live oaks are draped in fluttering Spanish moss. Juha Jaakkola, a Finnish-born surgeon, and his wife, Holley, a Damascus, Georgia-born floral and garden designer, chose it as the ideal place to raise their two young daughters. "You cross a tiny bridge and it's a different lifestyle—white picket fences, neighbors, crabbing and fishing off the dock," says Holley. Virtually all the island houses have porches that were designed to catch breezes rippling off the water. The Jaakkolas' stately 1858 home, which faces the Intracoastal Waterway, has one porch upstairs and another on the ground floor.

THE ARCHITECTURE

The Jaakkolas' original upper and lower porches are built in the same style as the house: a Federal take on Lowcountry architecture. Roughly 50 by 12 feet, the porches face the water and provide breezy spaces for living and dining. The left side of the lower gallery is furnished as a dining area, and the right side is arranged with cozy seating.

THE DECORATING Holley designed the porch with help from Savannah shop owner Paula Danyluk. For the seating

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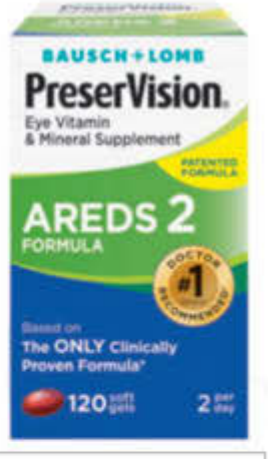

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THE DINING AREA

A zinc-topped cypress tree-trunk table blends seamlessly into the landscape, as do the weathered urns and pots Holley found at Atlanta's Scott Antique Markets. The chandelier gets lowered on a rope; when its candles are lit, the magical scenario is complete.

THE CUSTOM HOME BUILT FOR THE ASPIRING THREE-STAR CHEF

For someone who would prefer to prepare a gourmet meal than dine out at a restaurant, the kitchen is the most important room in the house. Which is why Karen designed this Schumacher custom home around a kitchen with acres of granite countertops, two ovens and an island that's almost a continent—perfect for cooking everything from simple ravioli to a five-course, classical French work of art.

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PHOTOS: (TOP) ERICA GEORGE DINES; (MIDDLE) WENDELL T. WEBBER; (BOTTOM) KRISTINE LARSEN

THE SEATING AREA

To avoid competing with the Isle of Hope's naturally lush landscape, Holley kept to a palette of mostly soft grays. "I took the colors from an oyster shell," she says.

area, they paired a Restoration Hardware gray wicker sofa with a low industrial table on wheels from The Paris Market and Brocante. Paula commissioned the dining area's large cypress tree-trunk table with a zinc top as a salute to the South Georgia wetlands. Lightweight, painted wood dining chairs can be pulled inside and out as needed. The black iron chandelier, which is candlelit, gets raised and lowered on a big fisherman's rope. It was made by Tim Adams, a local welder and artisan, of Sabenati Custom Designs.

Spanish moss frames the Jaakkolas' view of boats passing along the waterway across from their property.

THE VIEW From the front porch, family and guests take in atmospheric views of the Intracoastal Waterway and a dock, where they often keep their Boston Whaler for excursions.

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CEILING PAINT	**Rosemary** (SW 6187), $43.49; *sherwin-williams.com*	**Glidden Nova White** (10BB 83/017), from $25; *walmart.com*	**Romance** (SW 6323), $40.49; *sherwin-williams.com*	**Palladian Blue** (HC-144), $51.99; *benjamin moore.com*
CHAIR	**Spring Haven All-Weather Wicker Rocking Chair in Brown,** $139; *homedepot.com*	**Rustic Garden Chair in Rust Patina,** $179; *orientalfurniture.com*	**Willow Swingasan Chair in Mocha,** $299.95; *pierl.com*	**All-Weather Wicker Vailea Armchair,** $279.99; *worldmarket.com*
PILLOW	**Portofino Variegated Stripe Knife-Edge Pillow Cover in Mocha,** from $89; *rh.com*	**Outdoor Bolster Pillow in Orange/White,** $37; *overstock.com*	**Maritime Pillow Cover in Celadon/Coral,** $38; *serenaandlily.com*	**Natural Pillow with Ginkgo Tassels,** $84.15 with code SOUTHERN; *frontgate.com*
SIDE TABLE	**Natural Tree-Stump Side Table,** $199; *westelm.com*	**Orange Ceramic Garden Stool,** $212.50 with code SOUTHERN; *belleandjune.com*	**Miro Side Table in Yellow,** $109.65 with code SOUTHERNGR; *grandinroad.com*	**Crosley Griffith Metal Side Table in Caribbean Blue,** $34.99; *bedbathandbeyond.com*
TALLY	**$470.49**	**$453.50**	**$488.09**	**$451.12**

WICKER ROCKING CHAIR AND STUMP SIDE TABLE: ALISON MIKSCH; ALL OTHER PRODUCTS: COURTESY VENDOR (10)

NOTE: For each porch makeover, we've factored in one new seat, pillow, and side table along with a freshly painted ceiling using 1 gallon of exterior paint.

by ELLY POSTON

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THE TREES
It sounds so simple, but having a couple of 6-foot fiddleleaf fig trees in here makes the room feel more alive.

THE CHAIRS
Arranged in a conversation-friendly circle, our four new chairs are comfortable and handsome, with leather-wrapped rattan fretwork that reminds me of an old fishing camp.

THE TABLE
Local woodworker Michael Morrow came up with the clever design for our coffee table—four slabs of maple attached to wrought iron legs. It connects us to where we live, surrounded by Birmingham's great trees. *mdmdesign studio.com*

An Editor's Escape

A few key elements turned a small, underused porch into the most inviting spot in the house

IT'S AN ODD LITTLE PORCH, stuck on the side of the house like an afterthought. At only 130 square feet, it's too small for a dining table or a sofa, but it's the ideal place to have a cocktail, read a book, or watch the kids play in the yard. When my wife, Susan, and I bought our Birmingham house, the porch was enclosed in glass, but we knew it had to be screened. We wanted a place to catch a breeze, to escape the madness of our busy lives. The challenge was making this tiny, awkward space comfortable.

We started with the idea of four chairs and a table. It was a ridiculously simple concept, so the elements had to be unique. We asked local furniture designer Michael Morrow to come up with something that had an organic feel but with a modern twist. His solution: a coffee table made from four slices of a maple tree, a

by SID EVANS ~ produced by ELLY POSTON ~ photographs by LAUREY W. GLENN

THE ART: Susan scored this antique carved Chinese screen in Charleston for $100. Casually propped up behind the bar, it reads like a tall piece of sculpture.

THE BAR: A traditional bar cart would have blocked our doors, so we pressed this shallow 3-shelf console into service by filling its shelves with bourbon and books.

whimsical piece that's also sturdy. To me it makes the whole room.

Susan wanted the seating to be cozy but stylish, and she loved the leather-wrapped rattan fretwork of these chairs, which adds visual flair. Then we just needed a rug to cover the unattractive brick floor (which would have cost a fortune to replace or refinish), a simple bar, and a couple of fiddleleaf fig trees to liven up the room. Now this little oasis is one of our favorite spots in the house.

MY GO-TO OLD FASHIONED

I'm a bourbon fan, and there's something that just feels right about drinking an old fashioned on a screened porch. This recipe, from Julian Van Winkle of Old Rip Van Winkle Distillery, ran in our May 2012 issue.

Place 1 to 2 **brown sugar cubes** on a cocktail napkin. Sprinkle 2 to 3 drops of **orange bitters** and 2 to 3 drops of **Angostura bitters** over sugar cubes. (Napkin will soak up excess bitters.) Transfer cubes to a 10-oz. old fashioned glass. Add 1 fresh **orange slice** and a few drops of **bourbon** to glass. Mash sugar cubes and orange slice, using a muddler, until sugar is almost dissolved. (Avoid mashing the rind; doing so will release a bitter flavor.) Add 1½ to 2 oz. bourbon, and fill glass with ice cubes. Stir until well chilled. Add a touch more bourbon, if desired. —S.E.

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Indications:
TRIFEXIS is indicated for the prevention of heartworm disease (*Dirofilaria immitis*). TRIFEXIS kills fleas and is indicated for the prevention and treatment of flea infestations (*Ctenocephalides felis*), and the treatment and control of adult hookworm (*Ancylostoma caninum*), adult roundworm (*Toxocara canis* and *Toxascaris leonina*) and adult whipworm (*Trichuris vulpis*) infections in dogs and puppies 8 weeks of age or older and 5 pounds of body weight or greater.

Dosage and Administration:
TRIFEXIS is given orally, once a month at the minimum dosage of 13.6 mg/lb (30 mg/kg) spinosad and 0.2 mg/lb (0.5 mg/kg) milbemycin oxime body weight. For heartworm prevention, give once monthly for at least 3 months after exposure to mosquitoes (see **EFFECTIVENESS**).

Contraindications:
There are no known contraindications to the use of TRIFEXIS.

Warnings:
Not for human use. Keep this and all drugs out of the reach of children.
Serious adverse reactions have been reported following concomitant extra-label use of ivermectin with spinosad alone, a component of TRIFEXIS (see **ADVERSE REACTIONS**).

Precautions:
Treatment with fewer than 3 monthly doses after the last exposure to mosquitoes may not provide complete heartworm prevention (see **EFFECTIVENESS**).
Prior to administration of TRIFEXIS, dogs should be tested for existing heartworm infection. At the discretion of the veterinarian, infected dogs should be treated with an adulticide to remove adult heartworms. TRIFEXIS is not effective against adult *D. immitis*. While the number of circulating microfilariae may decrease following treatment, TRIFEXIS is not indicated for microfilariae clearance.
Mild, transient hypersensitivity reactions manifested as labored respiration, vomiting, salivation and lethargy, have been noted in some dogs treated with milbemycin oxime carrying a high number of circulating microfilariae. These reactions are presumably caused by release of protein from dead or dying microfilariae.
Use with caution in breeding females. The safe use of TRIFEXIS in breeding males has not been evaluated.
Use with caution in dogs with pre-existing epilepsy (see **ADVERSE REACTIONS**).
Puppies less than 14 weeks of age may experience a higher rate of vomiting.

Adverse Reactions:
In a well-controlled US field study, which included a total of 352 dogs (176 treated with TRIFEXIS and 176 treated with an active control), no serious adverse reactions were attributed to administration of TRIFEXIS. All reactions were regarded as mild.
Over the 180-day study period, all observations of potential adverse reactions were recorded. Reactions that occurred at an incidence >1% (average monthly rate) within any of the 6 months of observation are presented in the following table. The most frequently reported adverse reaction in dogs in the TRIFEXIS group was vomiting.

Average Monthly Rate (%) of Dogs With Adverse Reactions

Adverse Reaction	TRIFEXIS Chewable Tablets*	Active Control Tablets*
Vomiting	6.13	3.08
Pruritus	4.88	4.91
Lethargy	2.63	1.54
Diarrhea	2.25	1.54
Dermatitis	1.47	1.45
Skin Reddening	1.37	1.26
Decreased appetite	1.27	1.35
Pinnal Reddening	1.18	0.87

*N=176 dogs

In the US field study, one dog administered TRIFEXIS experienced a single mild seizure 2 ½ hours after receiving the second monthly dose. The dog remained enrolled and received four additional monthly doses after the event and completed the study without further incident.
Following concomitant extra-label use of ivermectin with spinosad alone, a component of TRIFEXIS, some dogs have experienced the following clinical signs: *trembling/twitching, salivation/drooling, seizures, ataxia, mydriasis, blindness and disorientation*. Spinosad alone has been shown to be safe when administered concurrently with heartworm preventatives at label directions.
In US and European field studies, no dogs experienced seizures when dosed with spinosad alone at the therapeutic dose range of 13.5-27.3 mg/lb (30-60 mg/kg), including 4 dogs with pre-existing epilepsy. Four epileptic dogs that received higher than the maximum recommended dose of 27.3 mg/lb (60 mg/kg) experienced at least one seizure within the week following the second dose of spinosad, but no seizures following the first and third doses. The cause of the seizures observed in the field studies could not be determined.
For technical assistance or to report suspected adverse drug events, contact Elanco Animal Health at 1-888-545-5973. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or http://www.fda.gov/AnimalVeterinary/SafetyHealth.

Post Approval Experience (Mar 2012):
The following adverse reactions are based on post-approval adverse drug event reporting. The adverse reactions are listed in decreasing order of frequency: vomiting, depression/lethargy, pruritus, anorexia, diarrhea, trembling/shaking, ataxia, seizures, hypersalivation, and skin reddening.

Effectiveness:
Heartworm Prevention:
In a well-controlled laboratory study, TRIFEXIS was 100% effective against induced heartworm infections when administered for 3 consecutive monthly doses. Two consecutive monthly doses did not provide 100% effectiveness against heartworm infection. In another well-controlled laboratory study, a single dose of TRIFEXIS was 100% effective against induced heartworm infections.
In a well-controlled six-month US field study conducted with TRIFEXIS, no dogs were positive for heartworm infection as determined by heartworm antigen testing performed at the end of the study and again three months later.
Flea Treatment and Prevention:
In a well-controlled laboratory study, TRIFEXIS demonstrated 100% effectiveness on the first day following treatment and 100% effectiveness on Day 30.
In a well-controlled laboratory study, spinosad, a component of TRIFEXIS, began to kill fleas 30 minutes after administration and demonstrated 100% effectiveness within 4 hours. Spinosad, a component of TRIFEXIS, kills fleas before they can lay eggs. If a severe environmental infestation exists, fleas may persist for a period of time after dose administration due to the emergence of adult fleas from pupae already in the environment. In field studies conducted in households with existing flea infestations of varying severity, flea reductions of 98.0% to 99.8% were observed over the course of 3 monthly treatments with spinosad alone. Dogs with signs of flea allergy dermatitis showed improvement in erythema, papules, scaling, alopecia, dermatitis/pyodermatitis and pruritus as a direct result of eliminating the fleas.
Treatment and Control of Intestinal Nematode Infections:
In well-controlled laboratory studies, TRIFEXIS was ≥ 90% effective in removing naturally and experimentally induced adult roundworm, whipworm and hookworm infections.
Palatability:
TRIFEXIS is a flavored chewable tablet. In a field study of client-owned dogs where 175 dogs were each offered TRIFEXIS once a month for 6 months, dogs voluntarily consumed 54% of the doses when offered plain as if a treat, and 33% of the doses when offered in or on food. The remaining 13% of doses were administered like other tablet medications.

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ARCHITECT: Bill Phillips **SIZE:** 973 square feet **PLAN NAME:** Deer Run #731; *houseplans.southernliving.com*

WHY WE LOVE IT

After sketching a 400-square-foot home for a penny-pinching customer 30 years ago (on a cocktail napkin, no less), Phillips was inspired to create more small plans. Only 973 square feet, this home has a tin roof, board-and-batten siding, an inviting front porch, and classic stonework, which all make it memorable. "People see this cabin and it captures their hearts," he says.

WHAT MAKES IT WORK

Universal appeal. The exterior detailing gives it versatility. Phillips prefers using weather-resistant cypress siding (stained pale gray with Olympic's North Pole) and stacked stone on the chimney and foundation. But it can also be built using cheaper, white-painted exterior-grade plywood with batten strips and a brick chimney and foundation.

BUILD IN THE CHARM

PORCH SWING
International Caravan Back Porch Swing, $249.99; *lowes.com*

WINDOW BOX
Galvanized Tin Rectangular Flower Box, $85.99; *wayfair.com*

CHIMNEY & FOUNDATION
Catania Cypress Ridge Stone Veneer, from $6/square foot; *eldoradostone.com*

SHUTTERS
Natural Cedar Baton Z Shutters, from $67.94/pair; *homedepot.com*

THE WOW FACTOR

That pitched roof! The dormer-free design makes way for a dramatically steeped roof that belongs on a fairy-tale cottage. Plus, it creates more space for the upstairs. The roof can be made with tin, brick, shakes, or metal. Phillips recommends using Galvalume, a rust-resistant metal roofing product.

ONLY IN THE SOUTH

If anything's better than a front porch, it's having a second one out back. Phillips outfitted this one with X-style railings and space for rocking chairs and a swing. Flank the windows with board-and-batten shutters painted a dark gray, such as Pratt & Lambert's Rialto. Cheery window boxes, hanging ferns, and a pitcher of tea are all you'll need to enjoy the warm weather.

by MELODY KITCHENS

ILLUSTRATION: FRITZ KAPRAUN; PRODUCTS: COURTESY VENDORS (3); STONE VENEER: ALISON MIKSCH

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Topped with an oversize hat, this dress is your winning ticket for a Derby fete. Paired with metallic sandals and a raffia envelope clutch, it's also perfect for a backyard cookout or beach wedding. You'll wear it time and again.

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The elastic waist with ribbon tie is both comfortable and shape enhancing, while the flowing skirt and ankle-length hem elongate your frame.

4. **A PINCH OF SASS**
The side slit adds a little spice to the sweet print and color. Mingling with a more traditional crowd? Cover shoulders with a loosely knit linen sweater.

Polka Dot Maxi Dress, $149; *anntaylor.com*

HAIR AND MAKEUP: CELINE RUSSELL/ZENOBIA; LOCATION: WINDWOOD EQUESTRIAN; *WINDWOODEQUESTRIAN.COM*

by ASHLEY RIDDLE WILLIAMS ~ photograph by HECTOR SANCHEZ

Blue-Ribbon Scents

You'll be fresh as a daisy in these floral and fruity perfumes perfect for spring. Pick a bloom to find your new favorite

ROSE & DAMSON PLUM
The velvety aromas create a layered mix that reveals different scents as you go through the day. **Arquiste for J.Crew No. 31,** $78; *jcrew.com*

FIG & ORANGE-BLOSSOM
This limited-edition perfume blends citrus, tropical flowers, and sweet fig for a scent that reminds us of the perfect summer day. *nordstrom.com*

"I think perfume is more than just an accessory for a woman. It's part of her aura."
—ELIZABETH TAYLOR

JASMINE
This heady spring flower takes center stage in an undeniably feminine scent from bohemian fashion house Chloé. **Love Story Eau de Parfum,** $105; *macys.com*

PEONY & LAVENDER
Light and elegant, this classic perfume makes a special occasion out of any event. **Bottega Veneta Knot Eau de Parfum,** $125; *neimanmarcus.com*

WATER LILY
Following in her grandmother's footsteps, Aerin Lauder delivers a fresh take on the classics with her beauty line. This subtle scent suits even the most sensitive noses. **Waterlily Sun Eau de Parfum,** $110; *aerin.com*

STYLING: MARY BETH WETZEL

by PATRICIA SHANNON ~ photograph by HECTOR SANCHEZ

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Fresh Appeal

From peppermint oil to seaweed extract, our May beauty bag is full of skin-saving botanicals in mint (julep) colors

1. **EYELINER**
This high-pigment pencil twists up and provides all-day wear. **Retractable Eye Liner in Lime Green**, $4.50, *nyxcosmetics.com*

2. **SHAMPOO**
Cleans roots without stripping strands of natural oils for fresh, shiny hair. **Seaweed Shampoo**, $23; *bumbleandbumble.com*

3. **LIP SMOOTHER**
Raw sugar granules slough away dryness. **Maracuja Lip Exfoliant**, $16; *tartecosmetics.com*

4. **MOISTURIZER**
For baby-soft—but not oily—skin, apply all over after a shower, then pat dry. **Caldrea Apple Mint Body Oil**, $9.99; *target.com*

5. **TOOTHPASTE**
It's glycerin-based for sensitive gums, and the old-school tube looks dapper by the sink. **Classic Strong Mint Toothpaste**, $11.99; *amazon.com*

6. **DUO SHADOWS**
Use the darker color close to the lashline to define eyes, and top with shimmery teal on lids to brighten. **Dolce & Gabbana Shadow Duo**, $43; *sephora.com*

7. **TRAVEL SOAPS**
Each tin comes with 40 single-use soap petals, ideal for travel and post-workout showers. **Crisp Fallen Pear Travel Soap Petals**, $7.50; *lovelybody.etsy.com*

STYLING: MARY BETH WETZEL

by ASHLEY RIDDLE WILLIAMS ~ photograph by HECTOR SANCHEZ

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Learn how to make your own **fascinator** (for $25) on page 117.

"I don't wear a lot of makeup; instead, I focus on my hair. To get a piece-y look that's not clumpy or greasy, I work paste into my fingertips and run it through the ends." **Garnier Fructis Style Pure Clean Finishing Paste,** $3.99; *cvs.com*

Follow Beth at seersucker andsaddles .blogspot.com.

"You've gotta have a lucky charm. This amulet is made of fluorite, which is said to bring peace and balance." **Green Fluorite Horse Head Pendant,** $48; *kzkjewelry.com*

"I use an oil-free formula that's unscented (no mosquitoes!) to protect my skin, even when it's not sunny out." **Neutrogena Ultra Sheer Dry-Touch Sunscreen,** $9.09; *target.com*

"This stain gives me the right hint of color and stays smooth throughout the day without cracking—even after eating." **LipSurgence,** $24; *tarte cosmetics.com*

TIPS FROM A

Kentucky Style Setter

*Lexington-based fashion blogger **Beth Parker** shares her tricks for looking pretty trackside all day long*

"Kentucky designer Elva Fields makes bold necklaces that you can build a whole outfit around. In a sea full of dresses, vibrant jewelry stands out." **Coming Up Awesome Necklace,** $298; *elvafields.com*

"Being outside all day, you're gonna sweat. You need a light powder that won't get cakey and that has a compact mirror for touch-ups." **Sheer Finish Pressed Powder,** $38; *bobbibrowncosmetics.com*

STYLING: MARY BETH WETZEL; PORTRAIT: KRISTIN TATEM PHOTOGRAPHY

by STEPHANIE GRANADA ~ photographs by HECTOR SANCHEZ

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From floppy to fedora, **find your perfect hat** on page 116.

Off to the Races

*Editor-at-Large **Jenna Bush Hager** dreams up a winning Derby look*

1. **THE DRESS** Lace lends a sultry spin to a pastel color scheme, and the three-quarter sleeves and knee-length skirt flatter everyone. **Lilac Floral Lace Ray Dress,** $495; *shoshanna.com*

2. **THE HAT** Handwoven by a Louisiana native, this wide-brimmed hat dips demurely across the eyes and comes in four colors, including aqua and coral. **Ashby XL,** $160; *prestonandolivia.com*

3. **THE SHADES** When you buy these TOMS retro tortoiseshell sunglasses, the brand will provide eye care (checkup and glasses) to a person in need. **Luisa,** $139; *toms.com*

4. **THE SHOES** A strappy pump raises the stakes even higher on this classic getup. (Heels are good for aerating farms!) **Leighton Three Strap Pump,** $119; *gilt.com*

5. **THE BRACELET** Add a tasteful horse motif with this gold-plated hoof bangle that you'll wear long after the last race. **Mini Pied-De-Biche Cuff,** $70; *gilesandbrother.com*

6. **THE BAG** This smart three-tone leather clutch unites the colors of the dress, hat, and shoes. **Crossbody,** $88; *anntaylor.com*

"It's a tradition for my family to get together to watch the races and place friendly wagers. Last year, we all picked a different horse—even baby Mila—and my Gampy won the whole pot!" —*JENNA BUSH HAGER*

STYLING: MARY BETH WETZEL; PORTRAIT: DAVID A. LAND

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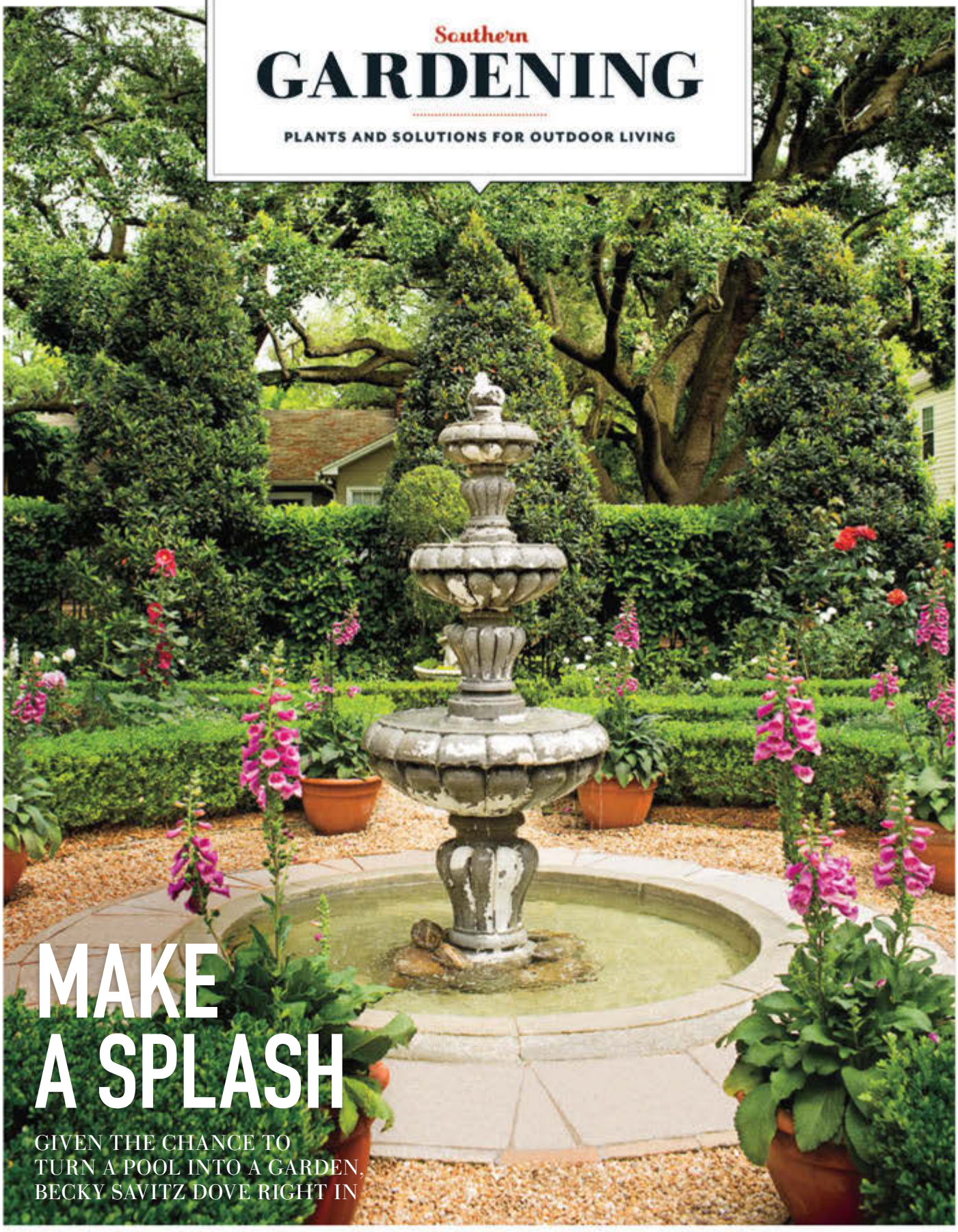

MAKE A SPLASH

GIVEN THE CHANCE TO TURN A POOL INTO A GARDEN, BECKY SAVITZ DOVE RIGHT IN

by STEVE BENDER ~ photographs by LAUREY W. GLENN

Becky likes big-flowered hybrid tea roses for cutting and nearly everblooming floribundas for lasting color.

MANY PEOPLE HAVE swimming pools. And many people wish they didn't. Count Tampa resident Becky Savitz among the latter. After her daughters left home for college, she grew enamored of roses, but a backyard pool occupied her ideal planting space. She convinced her husband, Ed, to fill in the pool and turn it into a formal, English-style rose garden.

"Roses remind me of my daughters," explains Becky. "Beautiful, thorny, and high maintenance."

Lesser gardeners consider the term "high maintenance" a dirty word, but Becky revels in planting, grooming, pruning, watering, weeding, and other chores. "I love to get my hands in the dirt," she says proudly. "Once a year, I have to go to the dermatologist to get thorns removed from my hands." That sounds pretty hard-core, but the payoff is an immaculate at-home getaway that blooms from spring through fall.

▲ Becky has always loved the English garden look and seized her chance to emulate it in her own Tampa backyard. Not fond of tropical plants, she grows roses, perennials, and annuals inside evergreen parterres.

THE ROSE GARDEN

The Big Idea

Becky converted the rectangular space in the backyard from a seldom-used pool into a formal rose garden that she enjoys working in every day.

The Plants

Low hedges of closely trimmed Japanese boxwoods outline a quartet of formal parterres separated by gravel paths and centered around a fountain and small pond. Inside the parterres roses thrive accompanied by hollyhocks and foxgloves Becky grows from seed. Potted evergreen topiaries lend interest to the parterres when the roses are dormant.

The Details

Marty Hirons, Becky's garden mentor and neighbor, picked out the fountain centerpiece for around $900 at a garden sale. The fountain and greenhouse give the small space the air of a grand estate. Becky's secret to keeping her roses beautiful? Two feedings a year—once in late winter and again in fall—with Mills Magic Rose Mix *(millsmix.com)*. "It combines every wonderful organic food that a rose needs," she says.

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WE LOVE THIS!

This lattice looks like painted wood but is actually rot-proof plastic.

THE LATTICE GREENHOUSE

The Big Idea

Adding an attractive and useful structure at one end of the garden enables Becky to pot plants, root cuttings, and sow seeds while Ed can cultivate his orchid collection.

The Plants

Orchids, succulents, ferns, and a variety of small potted plants thrive in the greenhouse's filtered light.

The Details

Becky drew the design for the greenhouse. A contractor built it out of rot-proof materials available at home centers, such as plastic lattice, stainless steel nails, and a clear roof made from polycarbonate plastic sheets. The cost? About $5,000. An amazing mosaic Becky created from cracked china and glass in a style called *pique assiette* pulls your eye to the entry. "Good Thymes" are in store.

NexGard®
(afoxolaner) Chewables

CAUTION: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Description:
NEXGARD™ (afoxolaner) is available in four sizes of beef-flavored, soft chewables for oral administration to dogs and puppies according to their weight. Each chewable is formulated to provide a minimum afoxolaner dosage of 1.14 mg/lb (2.5 mg/kg). Afoxolaner has the chemical composition 1-Naphthalenecarboxamide, 4-[5- [3-chloro-5-(trifluoromethyl)-phenyl]-4, 5-dihydro-5-(trifluoromethyl)-3-isoxazolyl]-N-[2-oxo-2-[(2,2,2-trifluoroethyl)amino]ethyl.

Indications:
NEXGARD kills adult fleas and is indicated for the treatment and prevention of flea infestations *(Ctenocephalides felis)*, and the treatment and control of Black-legged tick *(Ixodes scapularis)*, American Dog tick *(Dermacentor variabilis)*, and Lone Star tick *(Amblyomma americanum)* infestations in dogs and puppies 8 weeks of age and older, weighing 4 pounds of body weight or greater, for one month.

Dosage and Administration:
NEXGARD is given orally once a month, at the minimum dosage of 1.14 mg/lb (2.5 mg/kg).

Dosing Schedule:

Body Weight	Afoxolaner Per Chewable (mg)	Chewables Administered
4.0 to 10.0 lbs.	11.3	One
10.1 to 24.0 lbs.	28.3	One
24.1 to 60.0 lbs.	68	One
60.1 to 121.0 lbs.	136	One
Over 121.0 lbs.	Administer the appropriate combination of chewables	

NEXGARD can be administered with or without food. Care should be taken that the dog consumes the complete dose, and treated animals should be observed for a few minutes to ensure that part of the dose is not lost or refused. If it is suspected that any of the dose has been lost or if vomiting occurs within two hours of administration, redose with another full dose. If a dose is missed, administer NEXGARD and resume a monthly dosing schedule.

Flea Treatment and Prevention:
Treatment with NEXGARD may begin at any time of the year. In areas where fleas are common year-round, monthly treatment with NEXGARD should continue the entire year without interruption.

To minimize the likelihood of flea reinfestation, it is important to treat all animals within a household with an approved flea control product.

Tick Treatment and Control:
Treatment with NEXGARD may begin at any time of the year (see **Effectiveness**).

Contraindications:
There are no known contraindications for the use of NEXGARD.

Warnings:
Not for use in humans. Keep this and all drugs out of the reach of children. In case of accidental ingestion, contact a physician immediately.

Precautions:
The safe use of NEXGARD in breeding, pregnant or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures (see **Adverse Reactions**).

Adverse Reactions:
In a well-controlled US field study, which included a total of 333 households and 615 treated dogs (415 administered afoxolaner; 200 administered active control), no serious adverse reactions were observed with NEXGARD.

Over the 90-day study period, all observations of potential adverse reactions were recorded. The most frequent reactions reported at an incidence of > 1% within any of the three months of observations are presented in the following table. The most frequently reported adverse reaction was vomiting. The occurrence of vomiting was generally self-limiting and of short duration and tended to decrease with subsequent doses in both groups. Five treated dogs experienced anorexia during the study, and two of those dogs experienced anorexia with the first dose but not subsequent doses.

Table 1: Dogs With Adverse Reactions.

	Treatment Group			
	Afoxolaner		Oral active control	
	N[1]	% (n=415)	N[2]	% (n=200)
Vomiting (with and without blood)	17	4.1	25	12.5
Dry/Flaky Skin	13	3.1	2	1.0
Diarrhea (with and without blood)	13	3.1	7	3.5
Lethargy	7	1.7	4	2.0
Anorexia	5	1.2	9	4.5

[1]Number of dogs in the afoxolaner treatment group with the identified abnormality.
[2]Number of dogs in the control group with the identified abnormality.

In the US field study, one dog with a history of seizures experienced a seizure on the same day after receiving the first dose and on the same day after receiving the second dose of NEXGARD. This dog experienced a third seizure one week after receiving the third dose. The dog remained enrolled and completed the study. Another dog with a history of seizures had a seizure 19 days after the third dose of NEXGARD. The dog remained enrolled and completed the study. A third dog with a history of seizures received NEXGARD and experienced no seizures throughout the study.

To report suspected adverse events, for technical assistance or to obtain a copy of the MSDS, contact Merial at 1-888-637-4251 or www.merial.com/nexgard. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or online at http://www.fda.gov/AnimalVeterinary/SafetyHealth.

Mode of Action:
Afoxolaner is a member of the isoxazoline family, shown to bind at a binding site to inhibit insect and acarine ligand-gated chloride channels, in particular those gated by the neurotransmitter gamma-aminobutyric acid (GABA), thereby blocking pre- and post-synaptic transfer of chloride ions across cell membranes. Prolonged afoxolaner-induced hyperexcitation results in uncontrolled activity of the central nervous system and death of insects and acarines. The selective toxicity of afoxolaner between insects and acarines and mammals may be inferred by the differential sensitivity of the insects and acarines' GABA receptors versus mammalian GABA receptors.

Effectiveness:
In a well-controlled laboratory study, NEXGARD began to kill fleas four hours after initial administration and demonstrated >99% effectiveness at eight hours. In a separate well-controlled laboratory study, NEXGARD demonstrated 100% effectiveness against adult fleas 24 hours post-infestation for 35 days, and was ≥93% effective at 12 hours post-infestation through Day 21, and on Day 35. On Day 28, NEXGARD was 81.1% effective 12 hours post-infestation. Dogs in both the treated and control groups that were infested with fleas on Day -1 generated flea eggs at 12- and 24-hours post-treatment (0-11 eggs and 1-17 eggs in the NEXGARD treated dogs, and 4-90 eggs and 0-118 eggs in the control dogs, at 12- and 24-hours, respectively). At subsequent evaluations post-infestation, fleas from dogs in the treated group were essentially unable to produce any eggs (0-1 eggs) while fleas from dogs in the control group continued to produce eggs (1-141 eggs).

In a 90-day US field study conducted in households with existing flea infestations of varying severity, the effectiveness of NEXGARD against fleas on the Day 30, 60 and 90 visits compared with baseline was 98.0%, 99.7%, and 99.9%, respectively.

Collectively, the data from the three studies (two laboratory and one field) demonstrate that NEXGARD kills fleas before they can lay eggs, thus preventing subsequent flea infestations after the start of treatment of existing flea infestations.

In well-controlled laboratory studies, NEXGARD demonstrated >94% effectiveness against *Dermacentor variabilis* and *Ixodes scapularis*, 48 hours post-infestation, and against *Amblyomma americanum* 72 hours post-infestation, for 30 days.

Animal Safety:
In a margin of safety study, NEXGARD was administered orally to 8- to 9-week-old Beagle puppies at 1, 3, and 5 times the maximum exposure dose (6.3 mg/kg) for three treatments every 28 days, followed by three treatments every 14 days, for a total of six treatments. Dogs in the control group were sham-dosed. There were no clinically-relevant effects related to treatment on physical examination, body weight, food consumption, clinical pathology (hematology, clinical chemistries, or coagulation tests), gross pathology, histopathology or organ weights. Vomiting occurred throughout the study, with a similar incidence in the treated and control groups, including one dog in the 5x group that vomited four hours after treatment.

In a well-controlled field study, NEXGARD was used concomitantly with other medications, such as vaccines, anthelmintics, antibiotics (including topicals), steroids, NSAIDS, anesthetics, and antihistamines. No adverse reactions were observed from the concomitant use of NEXGARD with other medications.

Storage Information:
Store at or below 30°C (86°F) with excursions permitted up to 40°C (104°F).

How Supplied:
NEXGARD is available in four sizes of beef-flavored soft chewables: 11.3, 28.3, 68 or 136 mg afoxolaner. Each chewable size is available in color-coded packages of 1, 3 or 6 beef-flavored chewables.

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For more information, ask your vet or visit NexGardForDogs.com.

IMPORTANT SAFETY INFORMATION

NexGard is for use in dogs only. The most frequently reported adverse reactions include vomiting, dry/flaky skin, diarrhea, lethargy, and lack of appetite. The safe use of NexGard in pregnant, breeding or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures.

1. Data on file at Merial.
2. Data on file at Merial.

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GERANIUMS BUILT FOR THE SOUTH

Southerners used to have to choose between geraniums that could handle high temps and humidity and those that produced lots of flowers. But Calliope series geraniums were developed to offer the best of both worlds. Selections include 'Dark Red' *(shown here)*, 'Hot Pink,' 'Scarlet Fire,' 'Lavender Rose,' and 'Burgundy.'

Beat the Heat

These striking plants offer nonstop color from now till fall's first frost

PICK SUMMER-PROOF PLANTS High temps and stifling humidity are no sweat for the flowers and foliage shown here. **'Design A Line' cordyline** [1] *(southernlivingplants.com)* boasts spiky leaves and creates a dark foil to the chartreuse foliage in front. **'Wasabi' coleus** [2] has serrated leaves and a distinctive zesty lime color. A **'Calliope Dark Red' geranium** [3] offers stunning semidouble flowers and can grow up to 18 inches tall. **'Sweet Caroline Light Green' sweet potato vine** [4] ensures you'll always have lush leaves trailing down the side of the pot. You can keep this vine under control by clipping it every few weeks.

ASSEMBLE YOUR CONTAINER To fill a 21-inch-diameter planter, let two 6-inch pots of cordylines stand tall at the back, forming a striking fan of deep purple foliage. Then mingle a pair of 4-inch coleus plants and a single 1-gallon geranium in the middle of the container. For the finishing touch, allow one 4-inch sweet potato vine to spill over the edge, creating a soft, romantic effect.

KEEP IT THRIVING These plants are all delightfully low maintenance: Just give them full to partial sun, pinch off spent geranium blooms as needed, and water when the coleus begin to wilt. To give the flowers an extra boost, apply a fertilizer such as Dynamite All-Purpose Indoor & Outdoor (18-6-8) according to label directions.

ALISON MIKSCH

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Eggplant Is Easy

If you can grow a tomato, you can grow an eggplant—and you should

Beautiful and tasty (from left): 'Florida Market,' 'Clara,' and 'Dancer'

YOU DON'T NEED to be an egghead to grow eggplants. They're just as simple as their tomato cousins, and they like the same conditions. Plant them in a kitchen garden, or use one as the centerpiece of a flower-filled container. You'll enjoy their star-shaped blooms and beautiful, delicious fruit.

Select

While 'Black Beauty' is a common selection in grocery stores, consider venturing beyond the everyday sort. 'Florida Market' is a prolific heirloom with excellent flavor, faring well in our long growing season. Expect to harvest many shiny, purplish black eggplants in about 85 days after setting out plants. 'Clara' is a sight to behold, offering shiny white fruit with mild, creamy flesh in 65 days. Midsize 'Dancer' (65 days) features striking, deep pinkish purple fruit. A smaller plant, it produces well through hot, humid summers and gets its second wind in fall. Look for these selections at your local garden center or online from *rareseeds.com* and *johnnyseeds.com*.

EGGPLANT

PLANT

Set out plants two weeks after your area's last spring frost.

SOIL

Plant in fertile, well-drained soil amended with organic matter, such as composted manure or chopped leaves.

FERTILIZE

Use an organic product, such as Jobe's Organics Vegetable & Tomato (2-7-4), according to label directions.

Plant

Eggplants thrive in 75-degree soil and sulk if planted too soon. To raise the soil temperature for early planting, mulch with black plastic or grow in dark-colored containers. Plants grow up to 3 feet tall, with large leaves and purple or white blossoms. The eye-catching fruit is quite attractive in flowerbeds and container gardens. Stake eggplants as you would peppers and tomatoes, so the heavy-laden plants don't fall over.

Without a doubt, flea beetles will find your tasty crop, making pinholes in leaves that can do real damage. Deter their early-season arrival by shielding plants with row covers until they bloom (then remove them). Or use diatomaceous earth to dust leaves lightly, the same way Aunt Agnes powders her lemon squares with sugar. This organic pesticide works well, though it must be reapplied after a rainfall.

Harvest

Learning when to pick is a little tricky. Look for glossy skin versus the dull skin of overripe, bitter eggplant. Clip the thick, woody stem with snips, and enjoy the fruit while fresh. Eggplants are chameleons in the kitchen and useful in many forms. Sliced or diced, they are great for grilling, perfect pureed, simple to stir-fry, and a hearty addition to many Italian and Mediterranean dishes.

by MARY BETH SHADDIX ~ photography by ALISON MIKSCH

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ask THE GRUMPY GARDENER

OUR GARDEN EXPERT ALLEVIATES YOUR GROWING PAINS

WHAT'S IRKING OUR READERS THIS MONTH:

Piggish squirrels, wild blackberries, a pitiful peace lily, and those dang sweet gum balls

SPICE IT UP

Q Squirrels keep gobbling up all my birdseed. Will adding chili powder to the seed deter them without harming the birds? —SHARON

A Being (incredibly annoying) mammals, squirrels react to eating hot peppers like people do: Their tongues ignite! Once this happens, they'll beg for milk and never touch your seed again. Pepper is harmless to birds, though—they don't even sense it. You can add cayenne pepper to birdseed yourself (1 tablespoon per 10 pounds of seed) or buy something like Cole's Hot Meats, which are sunflower meats infused with habañero oil. Let the flames begin!

TAMING BLACKBERRIES

Q We have a mess of wild blackberries growing in our yard. I've decided against cutting them down, so I can use the fruit to make some yummy jam. When should I cut them back and tame them? —LAURA

A Blackberry canes live two years. They just grow the first year. The second year, they flower, set fruit, and die. So after a cane fruits, cut it to the ground. New canes will sprout around it. Control them by tying them to a wire that runs 3 to 4 feet above the ground between two posts.

GIVE PEACE A CHANCE

Q What causes the leaves of my peace lily to turn brown? —MARTHA

A The most common reason is letting the plant dry out and wilt badly. Number two is placing the plant in hot sun or near a cold window. Number three is giving it water straight from the tap. (Allow the water to sit out overnight before using it so it reaches room temperature and the chlorine evaporates out.) Number four is a buildup of fertilizer salts in the soil from not watering thoroughly. You can wash out these salts by watering so the excess runs out the drainage hole.

"I don't care what the waiter said! This seed is not mild!"

DON'T MAKE A MULCH VOLCANO

Mulching is an important step in caring for a tree, but don't overdo it. Lots of people simply pile a mountain of wood chips around the base of the trunk. This causes soil microorganisms to produce harmful substances, invites insect and disease damage, and encourages roots to grow into the mulch. Do it as shown above, so the mulch is no more than 3 inches deep and doesn't touch the trunk.

GET A CHAIN SAW

Q Do you know of any way to stop our sweet gum trees from producing gum balls? —KELLY

A Kelly, this is a question that plagues everyone who has ever had a sweet gum in the yard. Sorry, but once a sweet gum starts dropping those nasty things, your only options are to learn to love 'em or cut that sucker down. One selection, called 'Rotundiloba,' doesn't drop gum balls and has leaves with rounded lobes rather than pointed ones.

ASK THE GRUMP!
No question goes unanswered on his Facebook page: *facebook.com/slgrumpygardener*

TOP RIGHT: RYAN KELLY

by STEVE BENDER ~ illustrations by MICHAEL WITTE

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THE SOUTHERN GARDENER'S ALMANAC

FIND YOUR ZONE

- Upper South — USDA ZONE 6
- Middle South — USDA ZONE 7
- Lower South — USDA ZONE 8
- Coastal South — USDA ZONE 9
- Tropical South — USDA ZONE 10

CHECKLIST FOR MAY

SOW SOME SEEDS

May is a good month for Southerners to seed vegetables, fruits, and flowers that need warm soil to germinate well. Fruits and veggies that sprout quickly from seed (and thus save you $$$ on transplants) include beans, squash, okra, watermelons, cucumbers, Southern peas, pumpkins, peanuts, and corn. Easy flowers to grow from seed include globe amaranths, marigolds, Indian blankets, cosmos, sunflowers, spider flowers, and zinnias.

PRUNE SPRING-BLOOMING SHRUBS

Are your azaleas, spiraeas, and forsythias starting to hide your house? Prune them as soon as they finish blooming. This gives them plenty of time to set new flowerbuds for next spring. You can cut them back as far as you need to; they may look sparse for a few weeks, but don't worry—new buds will soon sprout.

GO ORGANIC!

We like using organic, natural pesticides whenever we can. One we highly recommend is neem oil extract, made from the tropical neem tree. Safe to use around people, pets, birds, and earthworms, this versatile product controls aphids, beetles, caterpillars, spider mites, black spot, powdery mildew, rust, and lots of other things. It's available as either a ready-to-use spray bottle or a bottle of concentrate (about $10 a pint, shown below) for use in a tank sprayer. Always follow label directions carefully.

PLANT OF THE MONTH

ANGELONIA

FOR MONTHS OF EASY COLOR, THIS FLOWER IS HEAVEN-SENT

Don't mistake a lazy gardener for someone who's just smart. People who plant a sweep of angelonia, one of our favorite annuals, are perfect examples. What they get are plants that bloom nonstop from spring into fall, resist pests, love the heat, and tolerate drought. What they don't get is a coronary from tending their flowers all day. Angelonia comes in both upright (15 to 24 inches tall) and trailing forms. Blue, purple, red, pink, or white blooms resemble snapdragons or orchids. They do great in sunny beds, pots, and window boxes.

SAFE BET

Garden Safe Neem Oil Extract ($9.97 for 16 oz.), now available at most local garden centers and also online at *lowes.com*.

ALISON MIKSCH; MAP: RYAN KELLY

by STEVE BENDER ~ illustration by JOHN BURGOYNE

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"This cottage is one of my favorite designs, says Eric. "It was inspired by a beautiful farmhouse design and we added a subtle coastal twist." The one-and-a-half story massing creates wonderful and interesting volumes in the second floor bedrooms and gallery. Depending on lot size and budget, the screened porch is "optional," but one feature that's sure to add value.

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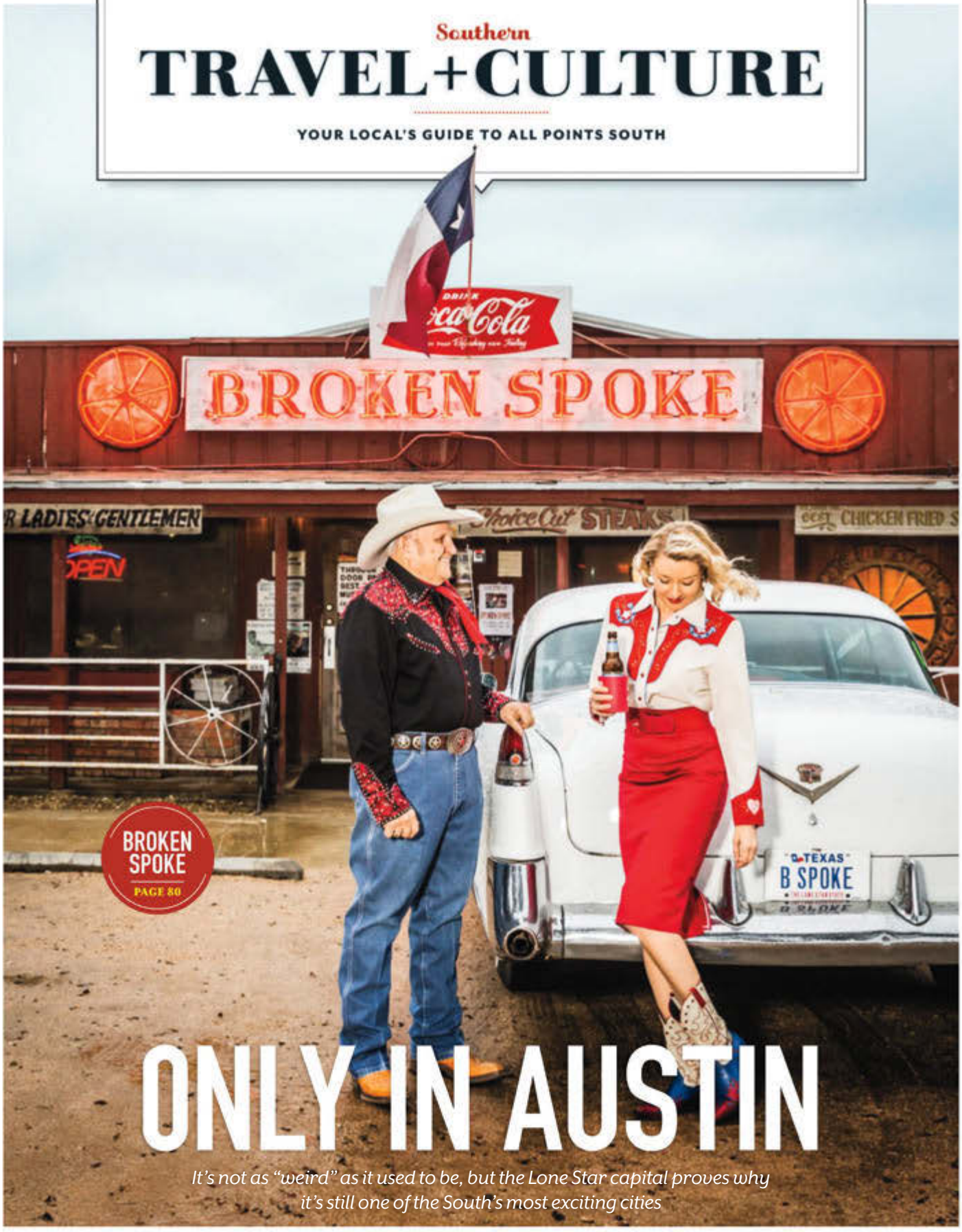


BROKEN SPOKE
PAGE 80

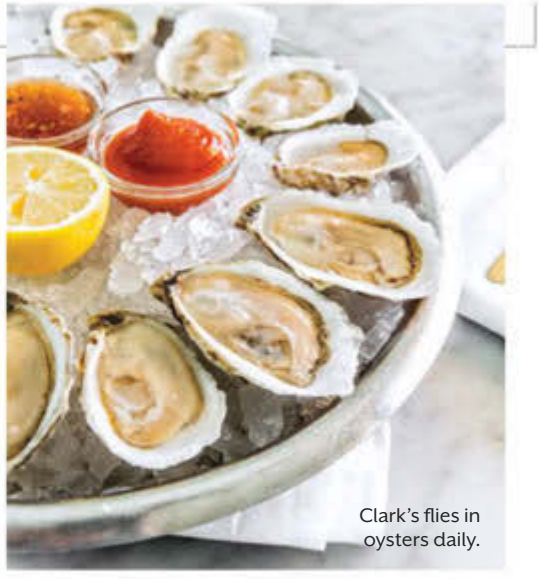
ONLY IN AUSTIN

It's not as "weird" as it used to be, but the Lone Star capital proves why it's still one of the South's most exciting cities

ROBBIE CAPONETTO

by STIRLING KELSO

The nautical-themed Clark's Oyster Bar



Clark's flies in oysters daily.

Once a laid-back college town, Austin has joined the ranks of major cities across the South as a bona fide cultural destination. A tech-driven population boom from both coasts—about 110 people move to the city each day—and nationally renowned festivals such as Austin City Limits and South by Southwest have boosted the economy. This translates into more chef-driven restaurants, clothing boutiques, and hotel options (finally!). But Austin hasn't lost its hippie soul. The town's justifiably famous music scene continues to flourish, thanks to long-celebrated clubs and musicians who choose to call this city home. The new Austin is where tech meets taco, where honky-tonks and artisans coexist. Find out what the locals know and what you should do on your next visit.

EAT

laV

Chef Allison Jenkins turns out French Provençal-inspired plates such as tender grilled octopus with buttery fingerling potatoes and daurade, an Atlantic fish served herbed and whole. The space includes an elegant dining room, divided by tall fabric banquettes, and a wine room, where diners sit under dozens of glowing handblown bulbs. Small plates $10-$18; entrées $32-$70. *lavaustin.com*

Dai Due

Chef Jesse Griffiths opened his first brick-and-mortar location in East Austin late last year. He's known for his focus on heritage meats, or purebred livestock and game. The result: dishes such as the tender Red Wattle pork chop and a charcuterie plate piled with house-made roast beef, liverwurst, and chicken-liver mousse. All wine and beer is from Texas, and there's a to-go butcher's counter. Entrées $18-$55 (but great steak for $10 on Ladies Night/Tuesday). *daidue.com*

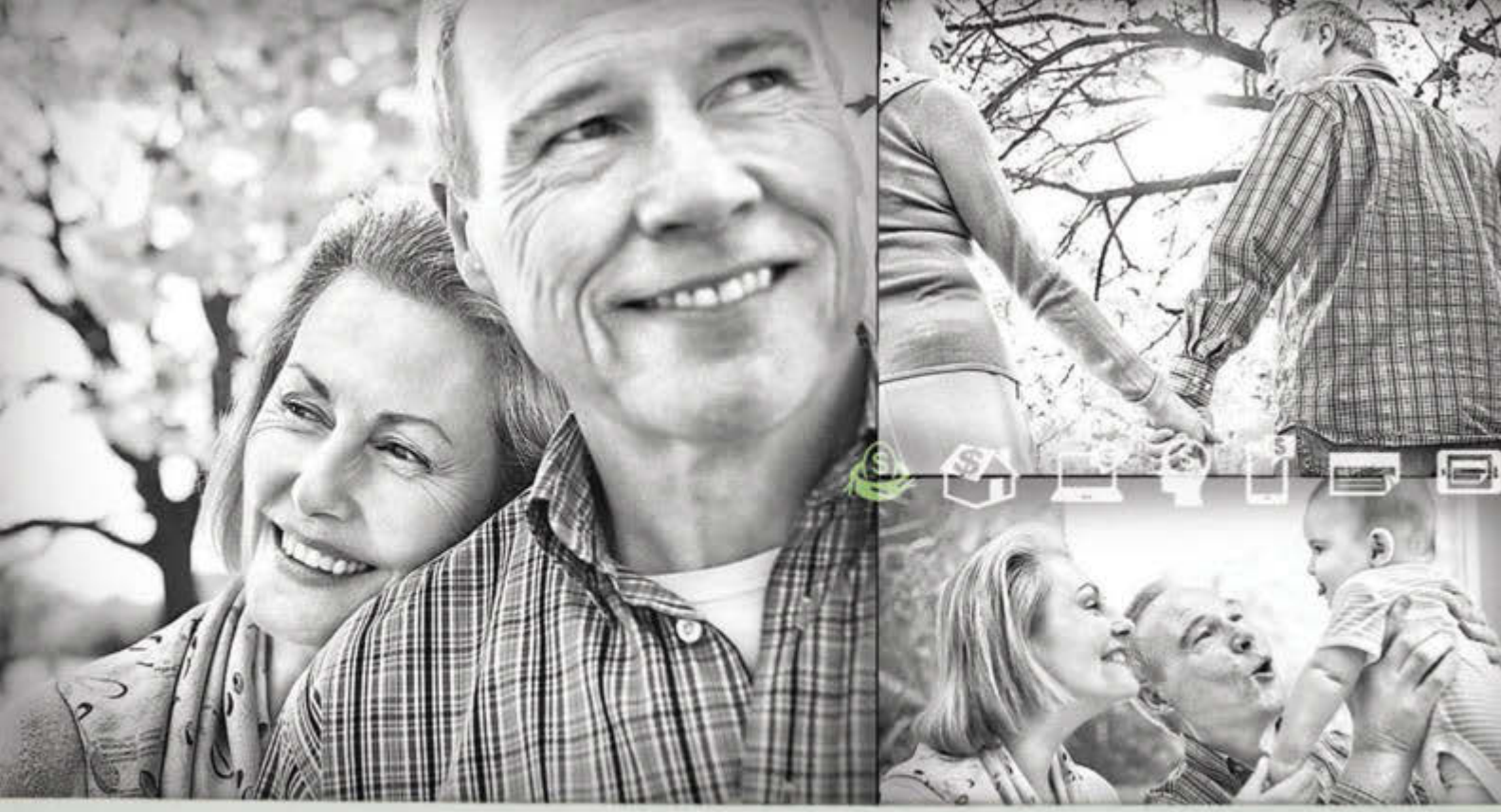
Clark's Oyster Bar

The nautical-inspired decor will make you feel like you're at the coast—perfect for a starter of oysters. Then move on to the redfish, served with a smoked caper-and-paprika vinaigrette. End the night with the warm Basque Cake, topped with cherry preserves and cream cheese ice cream. Entrées $16-$32. *clarksoysterbar.com*

Olamaie

When chefs Michael Fojtasek and Grae Nonas opened this restaurant last year, they introduced their fresh, farm-focused

ROBBIE CAPONETTO



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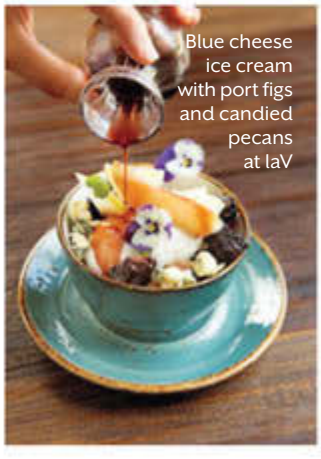
Dine at laV for an air of elegance on Austin's East Side.

take on Southern cuisine. More than 90% of the produce is locally sourced, so the menu changes often, though you can always count on the cornbread (a recipe from general manager Ben Hickerson's great-aunt), hot biscuits, and thinly sliced white button mushrooms (served with tarragon in a country-ham vinaigrette). Small plates $6-$14; entrées $25-$30. *olamaieaustin.com*



Blue cheese ice cream with port figs and candied pecans at laV

DRINK

Half Step

Half Step brings a note of sophistication to Rainey Street, a neighborhood that's one of the city's most popular nightlife destinations. Order the Cider Julep, made from Austin's Eastciders Original Dry Cider, Domaine Dupont Calvados, mint leaves, and bitters. Enjoy while playing Ping-Pong in the tree-lined backyard. *halfstepbar.com*

The Bar at Qui

For a budget-friendly alternative to Qui's tasting menu, head to the patio or six-seat bar for cocktails and Filipino-inspired small plates. The Mount Gay Rum-based Shore Leave is made with pumpkin seed horchata. The American Slang, with bourbon and apricot raki (a kind of brandy), comes with honey, chia, and juniper seeds. *quiaustin.com*

Make reservations for drinks at Midnight Cowboy.

Whip In

"Only in Austin," Whip In regulars will say when describing this neighborhood hangout. It's part beer hall/wine bar/restaurant as well as part specialty grocery store, housed in a former Singer sewing machine factory. Choose a beer from the 50 taps, including the Whip In's own line. The eclectic food menu—think Indian meets Tex-Mex—includes the South Asian Frito Pie, goat sliders, and queso with chutney. There is also live music every night at 9. *whipin.com*

Midnight Cowboy

This hideaway adds a touch of class to Austin's famously rowdy Sixth Street. Table-side creations include complicated cocktails such as the Nom de Guerre: The glass is rinsed with 10-year-old Laphroaig Scotch before rye, Velvet Falernum, Nux Alpina Walnut Liqueur, and Jerry Thomas' Own Decanter Bitters are expertly shaken and poured. Reservations are recommended, but if the neon "vacant" sign is on—a throwback to Midnight Cowboy's former life as a brothel—they're accepting walk-ins. *midnightcowboymodeling.com*

SHOP

Sunroom

Sunroom elevates Austin's youthful, boho-chic style. Some shoppers might be

CLOCKWISE FROM TOP LEFT: JODY HORTON; ART MERIPOL; BUFF STRICKLAND

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Allens Boots has the largest selection of boots in the country.

drawn to the long silk dresses or cotton jumpers, while others make a beeline to the jewelry case for beaded glass bracelets under $50. Sunroom's new South Congress location opens in June. *sunroom austin.com*

Work

This South Lamar shop collective has two boutiques in one. On one side, Austin-born Noah Marion makes hand-tooled leather goods, such as his Dopp Kit, Slim Line Card Case, and Jetsetter Tote, all designed to show off the raw materials (mostly vegetable-tanned cowhide). The other half of the space is managed by Hoiden Supply Company, a women's mercantile that sells tailored leather jackets and breezy sundresses. *noahmarion.com; hoidensupplyco.com*

Mockingbird Domestics

Husband-and-wife team Laura and Jeff Daly have their own line of furnishings (walnut dining tables and quartz-topped accent pieces) but also have items made by local iron- and woodworkers such as Farm2Market as well as furnishings reupholstered by Austin-based Spruce. *mockingbirddomestics.com*

Allens Boots

The 8,000-square-foot store (open since 1977) has the largest selection of cowboy boots in the country—more than 10,000 pairs line the shelves—from ostrich or oiled calfskin Luccheses (made in Texas since 1883) to Old Gringo Boots, known for their colorful embroidery and bright studding. *allensboots.com*

DO

The Continental Club

The South Congress staple originally opened in 1957 and hosts a regular repertoire of local musicians such as folk rock singer James McMurtry and jazz artist Tameca Jones, as well as traveling acts. *continentalclub.com*

Sunroom owner Lucy Jolis

Broken Spoke

Throughout its 50-plus years in business, the dance hall has hosted the likes of Willie Nelson and Bob Wills. The Broken Spoke still attracts truck-driving patrons in cowboy hats and starched white shirts who come to listen to live country and brush up on their two-step. Dance lessons are held four nights a week. *brokenspokeaustintx.com*

"The Broken Spoke still attracts truck-driving patrons in cowboy hats and starched white shirts."

Alamo Drafthouse Cinema

This Austin-born theater chain now runs five locations throughout the city. Order a margarita with your film, and check the schedule for a repertoire of special events, such as quote-alongs where the audience recites lines from *The Big Lebowski* or *Mean Girls*. *drafthouse.com*

STAY

Hotel San José

Hotelier Liz Lambert converted this 40-room hotel from 1936 into a design-forward bungalow. It's a favorite among travelers for its West Texas decor—saddle leather chairs and Indian hippie blankets—and succulent grounds.

FROM LEFT: JODY HORTON; BUFF STRICKLAND

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Photo credit: BAHCVB

Hotel Saint Cecilia guest room

Even locals camp out in the courtyard bar. Rooms from $250; *sanjosehotel.com*

Hotel Saint Cecilia

Named for the patron saint of music, the property has 14 rooms split between an 1880s Victorian mansion and contemporary bungalows. Individually decorated rooms and public spaces channel the artistic golden years of the sixties and seventies—guests can borrow vinyls from the front desk. Rooms from $450; *hotelsaintcecilia.com*

Hotel Ella

This 1898 Greek Revival mansion underwent a multimillion dollar overhaul two years ago. While original features such as cut-glass windows, the carved lobby trim, and the fireplace in the warm Parlor Bar were preserved, the hotel completely redid its 47 now-contemporary rooms. Some have secluded patios overlooking a pool, while others feature French doors opening onto the mansion's spacious verandas. Ask for a tour of the art, borrowed from the Umlaüf Sculpture Garden. Rooms from $230; *hotelella.com*

South Congress Hotel

This 83-room boutique property, scheduled to open this spring, is an ode to all things local. Rooms have leather furnishings and industrial touches such as exposed concrete beams and copper light fixtures. The second-story pool and patio with downtown views is the perfect place to sip fresh lime margaritas. Rooms from $279; *southcongresshotel.com*

ASK A LOCAL MUSICIAN

Austin is crawling with some of the country's hottest bands. Here's where they hang out.

Jamestown Revival
"We have a high school friend who has an Italian food truck called **Patrizi's** *(patrizis.com).* It's a quick, easy meal with fresh, homemade pasta. And you can bring a bottle of wine."

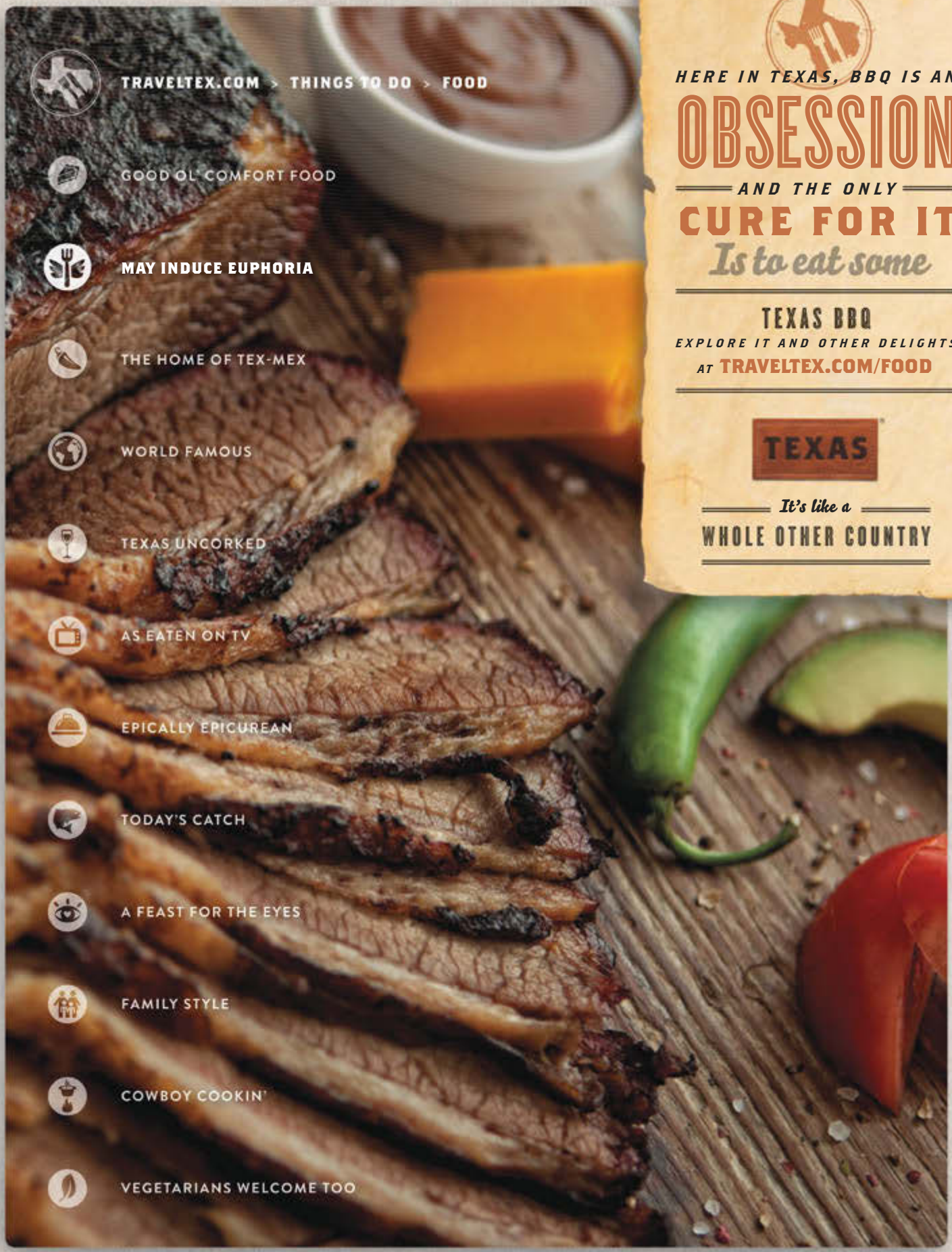
Shakey Graves
"A bowl of bad-good queso kind of sums up Austin. Fancy queso sort of throws me off—it has to walk the Velveeta line. **Magnolia Cafe** *(themagnoliacafe.com)* hits queso right on the head."

Dan Dyer
"Brisket is Texas barbecue. It's usually minimally seasoned—just salt and pepper—no sauce, and a side of pickles and onions, all served on butcher paper. My favorite is **Stiles Switch BBQ** *(stilesswitchbbq.com)* on North Lamar. It's as legit as it gets."

Dan Dyer

Watch our exclusive music videos at *southernliving.com/jam.*

FROM TOP LEFT: COURTESY CASEY DUNN/HOTEL ST. CECILIA; E.J. ENRIQUEZ



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ADVERTISEMENT

DOES A TRUE ANTI-AGING SOLUTION ALREADY EXIST?

Everyone's talking about it. But can it really reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give you plenty of energy, get rid of wrinkles and tighten saggy skin?

BELIEVE it or not, the irresistible benefits of this anti-aging breakthrough were first touted in the scientific literature back in 1991.

In 2006, *60 Minutes* ran a story singing its praises. Magazines and beauty experts have been hinting about it for years. And the lineup of A-list celebrities, athletes, and high-powered Wall Streeters who've become "devotees" has exploded. So why does everyone keep talking about this "Fountain of Youth" like it was just discovered yesterday?

In a word... AGING! People everywhere have finally stopped pretending they're okay with growing old gracefully, and they're doing everything they can to hang on to their youth. Maybe that's why, in its "Anti-aging Special" issue, *Allure* magazine highlighted this "Fountain of Youth" as its year-end shout out. It's called human growth hormone, or hGH. And it just might change your life.

> **Shape Magazine** says:
> *When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow."*

ANTI-AGING {Special}

Dr. Oz says: "I have been searching for this from the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections."

Why all the fuss?

Simple. hGH disciples... and to many, hGH therapy is truly a religious experience... believe hGH can help reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give them plenty of energy, get rid of wrinkles and tighten saggy skin… making them look and feel decades, not years, but decades younger. There's no doubt about it; in our current fast-paced, "youth-oriented" culture, hGH therapy is finally going mainstream.

The controversy

The controversy isn't so much over whether or not hGH plays an essential role in our health and aging (virtually everyone already agrees on that). Instead, the controversy lies in the best way to maintain our body's supply of human growth hormone. Until recently, most felt the best way was through expensive prescription injections (although costs can run as high as $1500 per month). However, some experts argue against the use of these synthetic injections, because they fear introducing synthetic hGH into the body may upset natural hGH production.

The solution

Because of growth hormone's potential, researchers have spent the last thirty years searching for a reliable, clinically proven way to promote pituitary health, thereby increasing human growth hormone levels naturally. So it's no surprise that when an oral compound capable of increasing mean, endogenous, bioactive, serum (blood) growth hormone levels... by 682%... was first presented at the prestigious Obesity Society's Scientific Meeting in San Antonio, Texas, it created a serious stir. And when it appeared at The Academy of Women's Health's 21st Annual Congress in Washington, D.C., the 9th World Congress of Cosmetic Dermatology held in Athens, Greece, and then again at the most recent meeting of the Obesity Society in Atlanta, Georgia, a skeptical scientific community was finally forced to take notice.

The revolution

The formula that was the subject of these research findings is now being sold by SanMedica International™ under the trade name SeroVital.® And when Dr. Oz disclosed that "a recent study [on SeroVital-hgh] showed patients given a special blend of amino acids saw their hGH levels increase more than 6 times..." and added, "I have been searching for this from the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections," you can imagine the frenzy he created. Before long, SanMedica was having trouble keeping SeroVital – with its highly specialized, unique amino acid formula – in stock. It went from underground sensation to full-blown phenomenon. Even the United States Patent Office has added to the SeroVital frenzy by issuing 10 U.S. Patents protecting the SeroVital formula from imitators.* Thanks to the release of SeroVital, the hGH revolution is exploding. Now that there's an easy-to-swallow capsule that can raise growth hormone naturally, an awful lot of people have stopped asking *if* they should be increasing their hGH levels and started asking which hGH-boosting option is right for them.

hGH isn't all about building muscle and enhancing athletic performance. The faithful believe it's about getting rid of wrinkles. It's about tightening saggy skin. It's about enhancing your energy and mood, burning fat, and improving your sex life. In other words, it's about looking and feeling young.

Is it worth it?

To me, anything that may reduce wrinkles, tighten saggy skin, decrease body fat, increase lean muscle mass, strengthen bones, and boost mood, while giving you plenty of energy and improving sex drive, is a no-brainer. However, make no mistake about it, the "established" medical community (and of course, they know everything) would say its benefits are largely anecdotal, and based on research that's preliminary. But there's no denying that something that has a chance of making you look and feel decades, not years, but DECADES, younger, is... at the very least... irresistible. Frankly, I'm ready to try it. How about you?

Want to learn more about human growth hormone? What is it? Where does it come from, and why is it fundamentally important to us? Visit SeroVital.com

SO WHAT'S THE CATCH?

There are three. First, as with hGH injections, SeroVital is not a "magic bullet," but one part of a healthy lifestyle choice including a sensible diet and exercise regimen.

Second, for proper absorption, you have to take SeroVital on an empty stomach. That means you either have to take it first thing in the morning and then not eat anything for two hours, or take it at night, at least two hours after your last meal... before you go to bed.

And last but not least, while SeroVital is far less expensive than prescription hGH injections, it's still not cheap... SeroVital will cost you about $100 a month.

WHERE CAN I GET IT?

Having a hard time finding SeroVital? It's currently available at all Ulta, Kohl's and select GNC locations. Over the next few months it will be available on a limited basis at prestige retailers across the U.S.

Can't wait? You can order it directly from SanMedica International by calling 1-800-591-4510 or visit their website at www.SeroVital.com. Use the promo code YOUTH16 at checkout and shipping is free!†

*SeroVital is protected by U.S. Patent Numbers 8,551,542; 8,715,752; 8,722,114; 8,734,864; 8,747,921; 8,765,195; 8,747,922; 8,808,763; 8,808,764 and 8,815,311. †Free shipping in the continental U.S. only.

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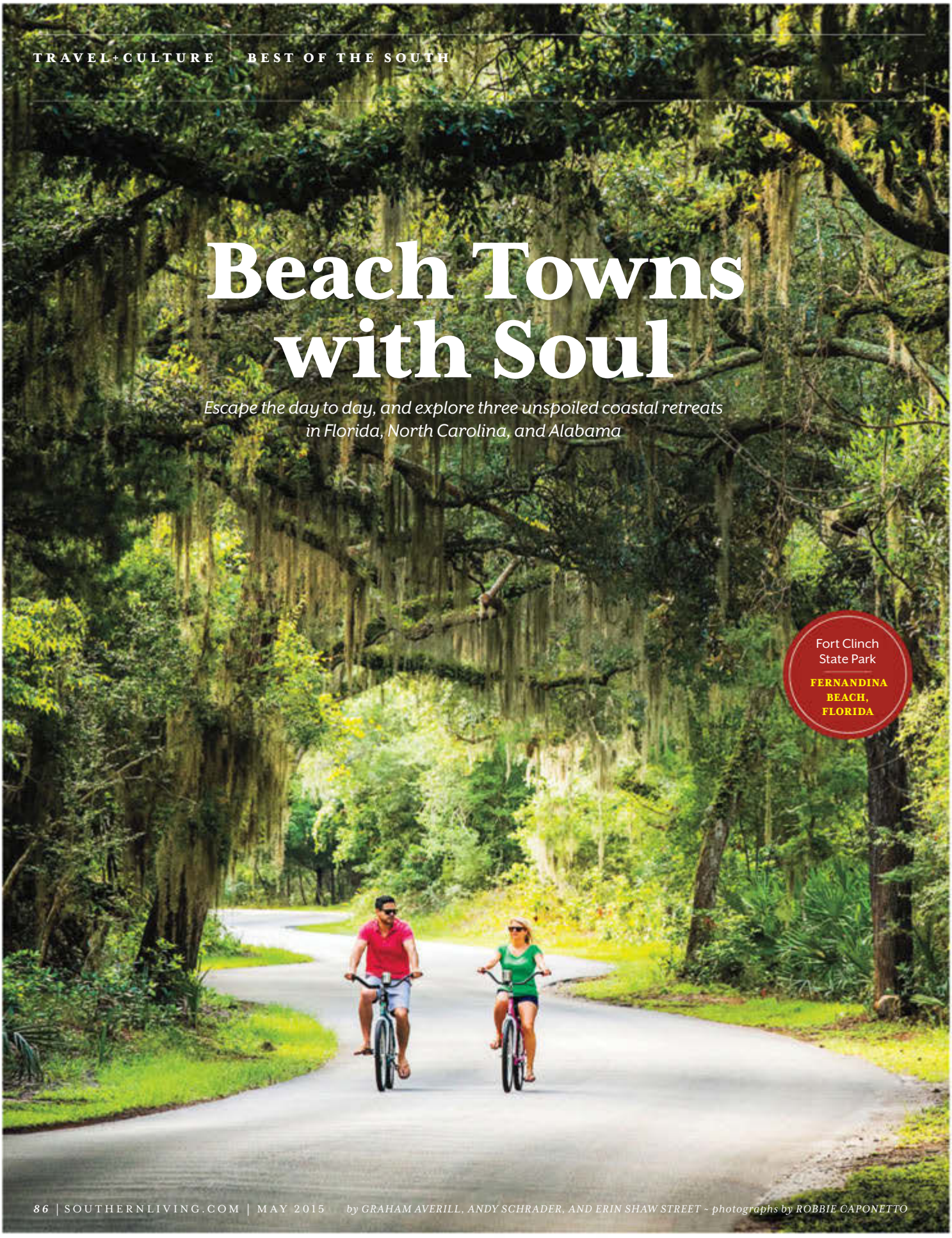
Beach Towns with Soul

Escape the day to day, and explore three unspoiled coastal retreats in Florida, North Carolina, and Alabama



by GRAHAM AVERILL, ANDY SCHRADER, AND ERIN SHAW STREET · photographs by ROBBIE CAPONETTO

If you have migraines with 15 or more headache days a month, you're living a Maybe Life.

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The Lady Amelia's sitting room

Sea oats protect the dunes.

OLD-SCHOOL FLORIDA

FERNANDINA BEACH

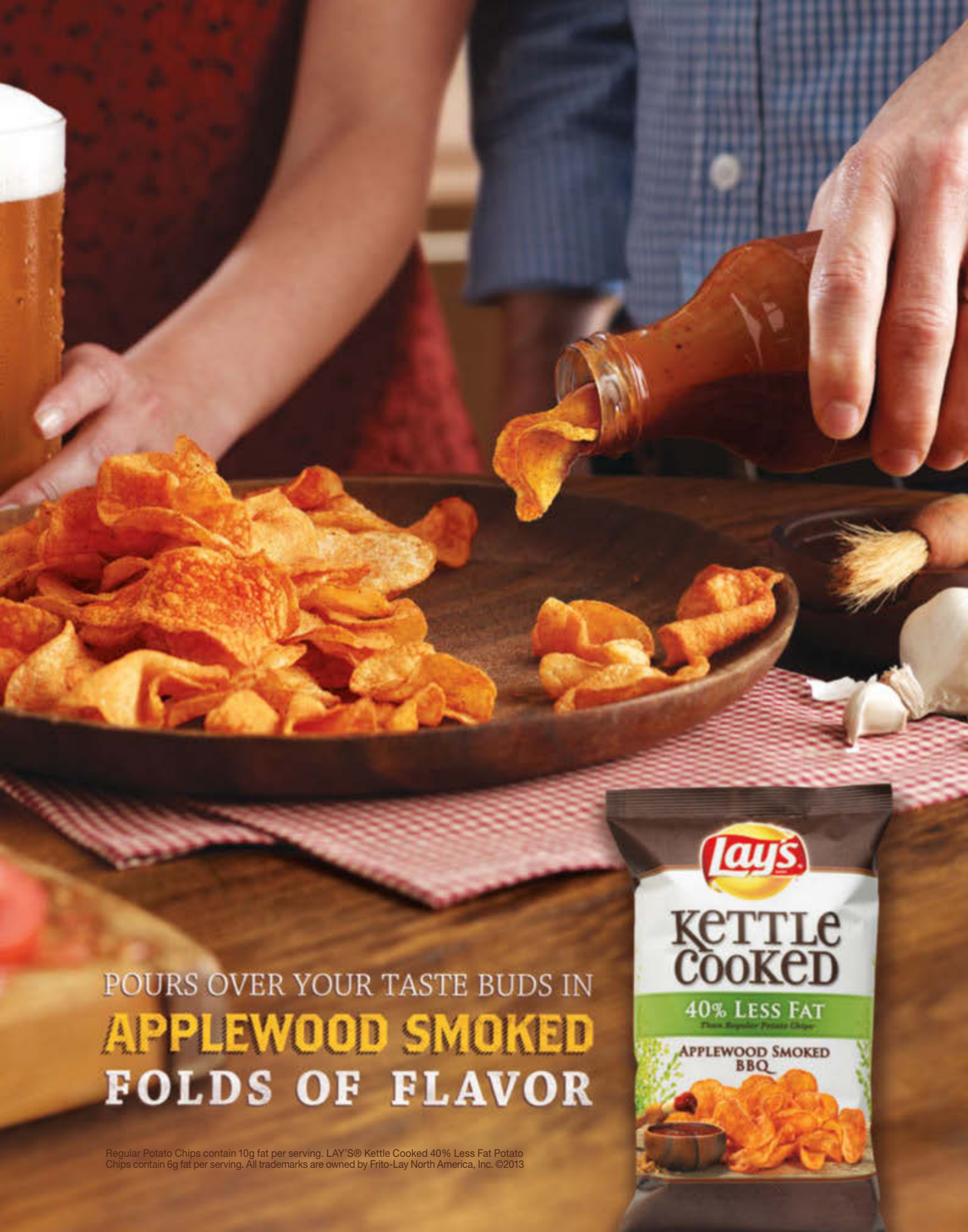
LOCATED: Three miles from the Florida-Georgia border

GO FOR: The famous Royal Red shrimp, treasure hunting at antiques shops, and cocktails at the oldest bar in Florida

FERNANDINA BEACH FEELS like it was designed from the ground up by family-vacation veterans. The combination of inexpensive and free activities, no-hassle complimentary beach parking, and a walkable downtown makes for a stress-free getaway. Located on the Florida-Georgia border, this is a town where the shop owners still work behind the counters and shrimpboats pull into the marina every night. And, in true small-town fashion, everybody knows everyone else's business.

Best Beach: North Beach Park is where the locals go. To get there, start at the northernmost parking lot of Main Beach (on Dolphin Avenue), and then drive along Ocean Avenue heading north. After following the beach for 1 mile, the road dead-ends at North Beach Park. There, a huge wooden boardwalk will sweep you up and over onto the sand without disturbing the grassy dunes.

Best Bargain: For inexpensive fun, try finding shark's teeth on the beach, starting at the Main Beach and walking north. "I gave my grandmother a glass jar for her birthday and asked her to fill it up, and in six months she found 5,323 teeth," says Steve Colwell, the owner of downtown's Fantastic Fudge, where lines have snaked out the door for more than 25 years. You can also hunt for shark's teeth at **Fort Clinch State Park.** For $2, bicyclists access the park and explore moss-lined roads and beaches. *(floridastateparks.org)*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Fernandina's Main Beach

Away from the beach, low-cost activities include renting bikes to search for wildlife on the **East Coast Greenway Trail.** Look for alligators or local birds, such as roseate spoonbills or painted buntings.

For shopping, head to **Eight Flags Antique Market.** Located downtown for more than 25 years and combining the collective picking talents of more than 30 antiques dealers, the market features treasures like stacked rows of vintage typewriters and cameras, as well as faded felt college pennants from Florida and Georgia. (602 Centre Street; *904/277-8550*)

The shrimp quesadilla at Sliders Seaside Grill

Best Local Bites: The Crab Trap is housed in a historic building overlooking the Amelia River. This decades-old family favorite features grilled fish with a delicate honey-mustard glaze (market price).

Go fishing with a local charter fisherman like Capt. Allen Mills, and The Crab Trap will cook your catch when you return ($15.99/person, family-style, including sides; *ameliacrabtrap.com*).

For a spectacular view, try **Sliders Seaside Grill.** One of the few venues to sit directly on the sand, it offers a commanding view of the water. You'll want to order shrimp—by the pound ($18/pound), in a quesadilla ($11.99), or in tacos ($13). *slidersseaside.com*

Best Icon: Though not directly on the beach (it's downtown), the **Palace Saloon** *(thepalacesaloon.com)* is a place you need to visit to tip your cap to history and have at least one drink. By all accounts, it is the oldest continuously operating bar in Florida.

Best Place To Stay: The Lady Amelia, a large, three-bedroom home built in 1894, is now available to rent. It's in the old Spanish section of the city, which functioned as downtown until 1853. Residential designer Julia Starr Sanford spent years reworking the house with original art and cozy nooks like its loft and sleeping porch. It's a hidden gem that's just a 15-minute stroll from the beaches of Fort Clinch State Park. ($1,000/week; *904/707-9761*)

If you're looking for a hotel, try the family-owned **Amelia Hotel at the Beach**. It sits across the street from the beach at the south end of town. (Rates from $99; *ameliahotel.com*)

INSIDER'S TIP

"Support restaurants that carry local, not imported, shrimp. To do that, use the 'Seafood Restaurants' locator via *freshfromflorida.com*." —Dave Voorhees, captain, Amelia River Cruises tour

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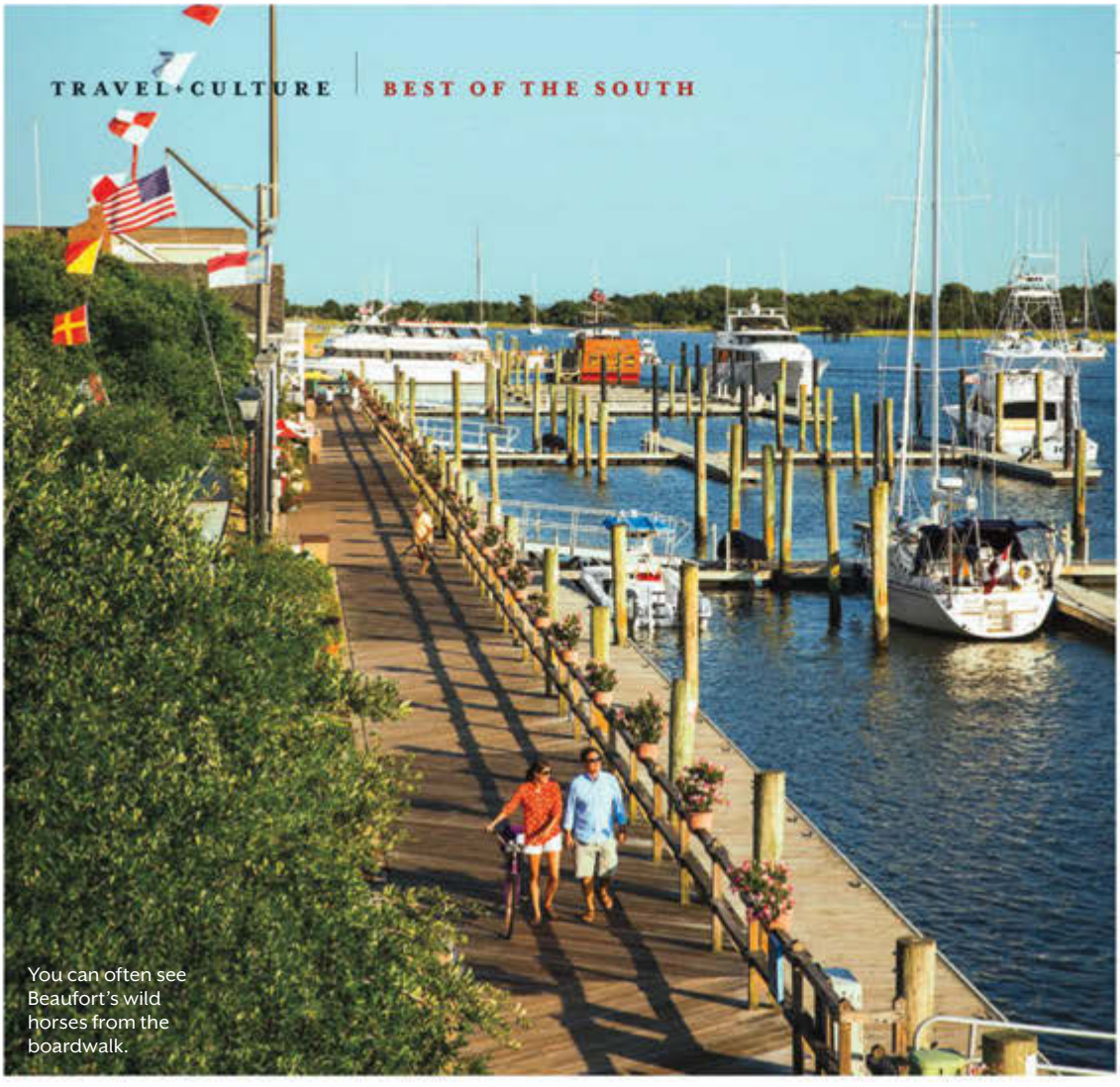

You can often see Beaufort's wild horses from the boardwalk.

THE BOARDWALK GETAWAY

BEAUFORT

LOCATED: Southern Outer Banks, North Carolina

GO FOR: Strolling the boardwalk, spotting wild horses, and trying your hand at crabbing

BEAUFORT HAS BEEN a vibrant port town for centuries, luring travelers and transplants alike with its fishing village-meets-beach town vibe. The downtown is packed with live oaks, buildings and homes from the 1700s, and a beautiful boardwalk. While the bustling Atlantic Beach is just a short drive south, more primitive islands are just across the channel. The launching point for exploring miles of undeveloped beaches, Beaufort marries Southern charm with rugged beauty.

Best Beach: Shackleford Banks is home to sweeping dunes, feral horses, and miles of wild, undeveloped beach. It's a shelling and fishing paradise that can be reached only by private boat or ferry, but the 20-minute cruise is half the adventure. We recommend Island Express Ferry Service. Capt. George Aswad is more than happy to dish most of his secrets to shelling during the ride. "We have unbelievable shells because the beach is ocean-facing and the tides are so strong," he says. "Walk into a foot of water, and feel with your feet—you'll pull huge shells out of the sand." ($15 round-trip; first ferry leaves Beaufort at 9 a.m., last ferry returns from Shackleford at 4:30 p.m.; *islandexpress ferryservices.com*)

To access a beach by car, head to Atlantic Beach, a 20-minute drive south. The Oceanana Pier was rebuilt in 2012, and it's a great spot to watch fishermen haul in flounder and red drum. ($10 fee to enter the pier; *oceanana.com*)

Best Icon: A must-see is the **Cape Lookout Lighthouse,** the 163-foot-tall, black-and-white-checkered tower that stands as the southernmost beacon on the Outer Banks. To get there, take a ferry, and then climb the 207 steps to the top of the tower.

Best Local Bites: At **Old Salt,** order the catch of the day (market price) in this upscale fish joint that's decked out in wall-to-wall whitewash. The clams ($11), steamed in beer with bacon, are a delicious starter.

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Rhum Bar's Fish Tacos

Spot wild horses at Shackleford Banks.

Whatever you order, make sure you get a side of fries ($5), which are brined in sea-salt water for 24 hours. *oldsaltbeaufort.com*

Finz Grill, in a renovated gas station on Front Street, has a casual, family-friendly atmosphere. Get the local flounder and magnificently lumpy (that's a good thing) crab cakes ($23), and then grab a seat on the deck overlooking the water. *finzgrill.com*

Best Bargain: North Carolina Maritime Museum is home to cannons pulled from Blackbeard's *Queen Anne's Revenge,* as well as the massive skeleton of a sperm whale. Walk across the street to the museum's Watercraft Center, and watch boatmakers build a fishing vessel by hand. (free; *ncmaritime museums.com*)

Best Local Catch: Fishing for blue crabs is a coastal tradition. Any local bait shop will have the necessary supplies: string, a net, and bait fish. We recommend going crabbing on Radio Island, between Beaufort and Morehead City. Head to the beach on the sound side, and look for a quiet spot on the edge of the water. Lower the bait fish into the water until you hit bottom, and then wait for a tug. Pull it up slowly, and scoop up the blue crab with your net.

Best Beach Bar: Although the **Rhum Bar at Stillwater** isn't technically on the beach, it has a fantastic view overlooking Beaufort's harbor. Order the rum- and pineapple-based Rhum Bar Punch ($7.50), and try to spot the wild horses that live on Carrot Island, just across the inlet. *frontstreetgrillatstillwater.com/rhum-bar*

Best Rental Home: The four-bedroom, three-and-a-half-bath **Dolphin Watch** has a Cape Cod feel to it, with whitewashed shingles, a rooftop deck, and a huge yard—so be sure to bring your croquet set. (Rates from $375. Three-night minimum in summer; *beaufortrlty.com/DolphinWatch.html.*)

Best Hotel: The historic **Cedars Inn** personifies Beaufort's salty charm. The original owner of the nearly 250-year-old home welcomed traveling sea captains in need of a night on solid ground. Now, that sense of history mixes with modern touches. We like the Eastlake Room for its soaking tub and proximity to the upstairs porch, which overlooks the cedar trees shading the front lawn. (From $160 in summer; *cedarsinn.com*)

INSIDER'S TIP

"At Shackleford Banks, walk 15 to 20 minutes away from the ferry drop-off. The beach widens, and you'll leave the crowds behind. Keep walking and you'll have a great view of Cape Lookout in the distance." —Jenn Mull, manager, The Cedars Inn

Welcome to one **BIG** playground. From 85-foot-tall dinosaurs, to sky-high rides, to a 5-acre park built right on top of a busy freeway — Dallas is full of thrilling moments. And when you're in a city that's built on imagination, you can't help but feel like a kid again.

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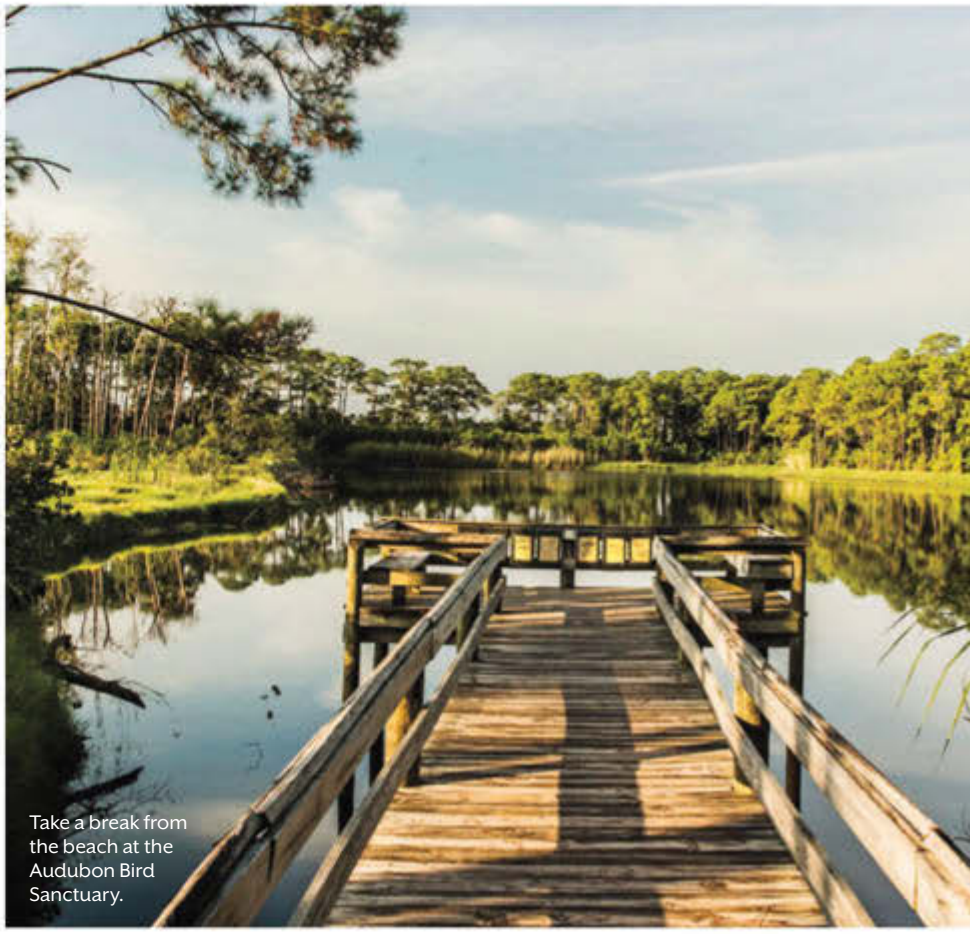

Take a break from the beach at the Audubon Bird Sanctuary.

BEACHES & BIRDING

DAUPHIN ISLAND

LOCATED: About 35 miles from Mobile, Alabama

GO FOR: Unplugging, landing your big catch, and visiting one of the best bird-watching spots in the South

JUST OFF THE ALABAMA COAST, Dauphin Island has one main road, miles of untouched beaches, and not a big hotel in sight. On Dauphin, you can ride your bike 14 miles on a path from one end of the island to another, underneath Spanish moss and past sea oats. Steeped in history (it's where Admiral Farragut shouted, "Damn the torpedoes! Full speed ahead!"), it's a place where nightlife consists of boiled peanuts and Bushwackers and where fish caught in the morning is served at lunch and dinner. No chain restaurants or high-rise hotels here.

Best Beach: The heart of the town is **Dauphin Island Public Beach and Pier.** Be sure to get there early in the morning to see shoreline birds like plovers, herons, and egrets. Bonus: Leashed dogs are welcome here. *dauphinisland.org*

Best Icon: Opened in 1957, **Ship & Shore Supplies** is part hardware store, part general store. It's the only grocery on the island. Though the new owners have given the store a complete renovation in the past year, shelves are still lined with the fixings for a shrimp boil,

sunscreen, beach toys, and hardware, just in case you need a wrench to fix your bike. *251/861-2262*

Best Local Bites: Wake up early Wednesday through Sunday mornings to snag the cinnamon rolls made fresh by **Lighthouse Bakery** owner Mary Scarcliff, who bakes all her pastries fresh in a house built in 1912. You can enjoy your cinnamon rolls on the porch. (919 Chaumont Avenue; *251/861-2253*)

Call ahead to **Skinners Seafood Market** and they'll steam a half pound of shrimp, served with corn on the cob and a red potato. ($8; *skinnerseafood.com*)

At **JT's Sunset Grill,** John Tant, Jr., serves fish that he spears and catches daily, like cobia, grouper, and snapper. ($12-$17.95; *251/861-2829*)

LEGAL NOTICE

Deepwater Horizon Oil Spill

Economic and Property Damages Settlement

The Deadline to file a Claim is June 8, 2015

June 8, 2015 has been established as the deadline to submit a claim in the Economic and Property Damages ("E&PD") Settlement with BP Exploration & Production Inc. and BP America Production Company ("BP") related to the Deepwater Horizon Oil Spill. So if you are eligible to file a claim, you must act soon.

Who is included?

The E&PD Settlement Class includes people, businesses, other entities, and properties in the states of Louisiana, Alabama and Mississippi, and certain counties in Texas and Florida, that were harmed by the Deepwater Horizon oil spill that occurred on April 20, 2010. The website DeepwaterHorizonSettlements.com has detailed descriptions and maps of the included geographic locations to help you determine whether you are a part of the E&PD Settlement Class. Additionally, you can call 1-866-992-6174 or e-mail questions@DeepwaterHorizonEconomicSettlement.com to find out if a geographic location is included.

What are the payment categories?

The settlement provides payments if you had economic loss or property damage because of the Deepwater Horizon oil spill. By submitting a claim, you can request a payment in one or more of the following seven categories:

■ Economic Damage ■ Loss of Subsistence ■ Vessel Physical Damage
■ Real Property Sales Damage
■ Vessels of Opportunity Charter Payment
■ Coastal Real Property Damage
■ Wetlands Real Property Damage

Economic Damage payments are available for Individuals and Entities that lost profits or earnings as a result of the Deepwater Horizon Incident. **Coastal Real Property** payments are available for property that was physically damaged in connection with the Deepwater Horizon Incident. Detailed descriptions of all seven categories are available at the website.

There is no limit on the total dollar amount of the E&PD Settlement. All qualified and timely claims will be paid in full once they are approved. The Settlement also allowed for Seafood Compensation claims, but the deadline for those claims has passed.

How do I request a payment?

You must submit a Claim Form to request a payment. You can get a copy of the various Claim Forms by visiting the website or by calling 1-866-992-6174. Claims can be submitted online or by mail. If you have questions about how to file your claim, you should call the toll-free number for assistance. The claims process can be complex, so if you are eligible to file a claim, you should act now so you may complete your claim before the **June 8, 2015** deadline.

DeepwaterHorizonSettlements.com ▪ 1-866-992-6174

There are no chain hotels on the island but many rental homes.

Shrimp baskets and sunsets draw people to JT's Sunset Grill

Best Bargain: The **Audubon Bird Sanctuary** includes 137 acres of maritime forest, marshes, and dunes, plus 3 miles of child-friendly trails. More than 420 species of birds have been sighted here. (free; *dauphinisland.org*)

For a glimpse of history, visit **Fort Gaines.** It was the site of the Battle of Mobile Bay and Admiral Farragut's famous charge. ($4 for ages 5 to 12, $8 ages 13 and up; *dauphinisland.org/fort-gaines*)

Best Place To Land a Catch: **Cedar Point Fishing Pier,** located off Dauphin Island Parkway, is the spot. Owner Jay McRae rents rods, reels, and tackles. He'll even bait the line for you and tell you just where to catch redfish, speckled trout, and black drum. Record-breaking fish have been caught here, but even the smallest is celebrated. "We especially like to take pictures of the kids when they catch their first flounder," McRae says. *251/873-4476*

Best Beach Bars

Pelican Pub, upstairs from JT's Sunset Grill, is the quintessential local beach bar. The pub's owner, Vickie Connolly, bought the place 19 years ago and has infused it with odes to her Scottish heritage, including family crests that are mounted on the walls. *251/861-7180*

Pirate's Pleasure cabana bar and pool features a mid-century modern design that would make Don Draper swoon. The pool is open from 10 a.m. until 9 p.m., and the bar opens at 7 p.m. ($4 children, $6 adults; *251/861-2969*

Best Rental House: The beachfront **McDearman House** is a two-bedroom, two-and-a-half-bath home encased in windows that let the sun in and has a deck facing the water. (2509 Bienville Blvd., $1,900/week; *acpinfo.com*)

Best Condo: Adjacent to the public beach, the **Holiday Isle Resort** is your closest experience to a hotel on the island. This 144-unit resort contains both private residences and rentals. A stay here gives you access to 665 feet of sand and sea oats. The knowledgeable front-desk staff will answer any of your pressing questions about the island, like the best place for a picnic (under the trees in Cadillac Square). Three-night minimum, rates start at $1,765 for a week. *holidayislealabama.com*

INSIDER'S TIP

"Dauphin Island Kayak & Bicycle Rentals will deliver to your door. I love kayaking on the sound, where you can meander through the sea grass and spot birds along the way." —Matthew Capps, deputy director of parks, City of Mobile

Lake Jocassee at Devils Fork State Park

Time off that's anything but downtime. Explore the hidden wonders of a tupelo swamp and thousand-year-old cypress trees from the bow of a tandem canoe, take in 360-degree views on a Blue Ridge canopy tour or cool off in the crystal-clear waters of a secret mountain lagoon. Take a break from the daily grind in a weekend warrior's paradise, and **come to find** that the greatest adventures are all in a day's work.

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HOUSE OF BLUES

Designer Andrew Howard reveals fresh new ways to decorate with tried-and-true blue in this Ponte Vedra Beach, Florida, home

SHANNON AND ERIC RAGATZ "CROSSED THE DITCH." That's the term used by Jacksonville, Florida, locals when city people move about 20 miles away to the beaches across the Intracoastal Waterway (aka "the ditch"). "We were married at the beach and always planned to raise our children here," explains Eric, a lawyer. But it took 10 years for the Ragatzes to find the perfect spot to build in Ponte Vedra Beach—a preppy, family-friendly town. That decade of searching gave the couple plenty of time to plan their dream house. "We wanted a shingled cottage with contemporary coastal flair," says Eric. "Because we plan to be here for a lifetime, my wife wanted a one-story." At first, the Ragatzes didn't know exactly how to achieve their beachy vision. All they knew was they didn't like wimpy colors or overly formal rooms. Designer Andrew Howard helped them create an energetic home using blues in every shade, layered patterns in various scales, and textures for oomph. Here, Howard shares his secrets to decorating with this favorite Southern hue.

BY SARAH LATTA | PHOTOGRAPHS BY LAUREY W. GLENN | STYLING BY HEATHER CHADDUCK HILLEGAS

BRIGHT IDEA:

A stormy **blue ceiling** adds more drama than the usual white.

Jazz up a matching dining set by adding wing chairs in indoor/outdoor fabric—Amazing Maze by Schumacher. A glass "coral" chandelier and fearless painting seal the unconventional deal.

1 2

THE PALETTE

1. LIGHT GRAY: (walls) Alaskan Husky (1479); *benjaminmoore.com*
2. BLUE GRAY: (trim) Boothbay Gray (HC-165); *benjaminmoore.com*

BRIGHT IDEA

Hang **sheers** to let the sunshine pour in during the day without sacrificing privacy at night.

THE LIVING ROOM

Kick traditional Americana up a notch with a palette of red, white, blue—and camel.

Even the room's patterns riff on familiar American prints like the chairs' gingham-inspired cushions and the quiltlike sofa pillows. Mod, sharp-lined furnishings bring a sophisticated counterpoint to the cheery color scheme.

CHAIR FABRIC: Mark Alexander's Tashkent Indigo and the **RECTANGULAR SOFA PILLOW FABRIC:** Cowtan & Tout's Philmore in Red Tulip, both available through DCOTA; *954/921-7575.* **STOOLS:** Luna Raffia Ottomans; *madegoods.com*

THE PALETTE

1. NAVY: Commodore (SW 6524); *sherwin-williams.com*
2. CAMEL: Popcorn (9-28); *prattand lambert.com*
3. RED: National Red (RL2212); *ralph laurenpaint.com*

BRIGHT IDEA

Punchy **yellow floral slipcovers** dial up the energy of a subtle palette.

THE PALETTE

1. LIGHT BLUE: Pale Powder (204); *us.farrow-ball.com*
2. WHITE: (cabinets) White Diamond (2121-60); *benjamin moore.com*
3. YELLOW: Daisy (SW 6910); *sherwin-williams.com*

THE KITCHEN

Don't be afraid to build an entire space around a tile that captures the pale blue of ocean waves.

Painting the cabinets a soft white (and choosing durable white Caesarstone counters) lets the backsplash be the focus.

PENDANTS: Henry Industrial Hanging Light with White Shade; *circalighting.com*
TILE: 3 x 6 Urban Hues Glass Tile in Cloud; *southcypress.com*
BARSTOOLS: Dual Seat Counter Bench; *leeindustries.com*, upholstered in JANUS et Cie's Bloom in Vert, available through DCOTA; *954/921-7575*

BRIGHT IDEA

Don't overlook the ceiling! Think of it as a fifth wall for a **bold pattern** or shade.

THE MASTER CLOSET

Go for broke with color in a small space.

"I wanted a closet that felt like something no one had ever seen," says Shannon. Howard responded by turning the 175-square-foot space into a glamorous, glossy cobalt dressing den. He also fit the closet with a window for natural light (the most flattering kind) and plenty of storage like built-in cabinetry and an island that provides space for folding clothes and storing accessories.

WALLPAPER: Schumacher's Flame in Cha-Cha, available through DCOTA; *954/921-7575.*
CHANDELIER: Markos Hanging Shade in Polished Nickel; *circalighting.com*

THE PALETTE

1. COBALT: (cabinets) Newburyport Blue (HC-155); *benjamin moore.com*
2. CORAL: Animated Coral (SW 6878); *sherwin-williams.com*
3. AQUA: Nephrite (22-6); *prattand lambert.com*

THE PALETTE

1. BLUE GRAY: (trim) Marina Gray (1599); *benjamin moore.com*
2. INDIGO: Seven Seas (560D-6); *behr.com*
3. LIGHT GRAY: (walls) Pebble Beach (1597); *benjamin-moore.com*

THE MASTER BEDROOM

Create a hotel-style escape by enveloping the room with textiles.

A velvet headboard takes up the majority of the wall. "There is nothing more comfortable for sitting up in bed than this," says Howard. The bamboo silk rug echoes the headboard's plushness, while the gauzy draperies and bohemian, block-print bedding contrast with the dramatic coffered ceiling.

CURTAIN FABRIC: Mark Alexander's Trip Line Wildflower, available through DCOTA; *954/921-7575.* **BEDDING:** *kerrycassill.com*

BRIGHT IDEA

In the same fabric, disparate **window treatments** read as a pair.

BRIGHT IDEA

These 1970s **scalloped tables** used to be yellow, but white paint brought them up to date.

BRIGHT IDEA

This **resin coffee table** weighs less than 5 pounds! The kids can move it themselves to create more play space.

THE PLAYROOM

Design a kid-friendly space where guests of all ages can gather.

The teal and chartreuse of the botanical wallpaper guides the palette. A wall of built-ins with vibrant teal fronts and plush window seats atop open shelving frees up floorspace for a stylish adult-size sofa and chairs.

WALLPAPER: Garden City in Bustle; *missprint.co.uk*. **CHAIRS:** Major in Alloy White and **COFFEE TABLE:** River Stone Cocktail Table; *mgbwhome.com*

THE PALETTE

1. CHARTREUSE: (ceiling) Citronella (SW 6915); *sherwin-williams.com*
2. WHITE: (trim) Calm (OC-22); *benjaminmoore.com*
3. TEAL: (cabinet fronts) Wilmington Spruce (754); *benjaminmoore.com*

THE GIRL'S ROOM

Increase the visual impact of a bed by placing it against a boldly papered wall.

To complement the tie-dye-like print, Howard matched the window trim and molding to the wallpaper's turquoise shade. A mint green ceiling softens the transition from bright wall to ceiling. Soft-raspberry bedding offers an elegant alternative to hot pink. Simple Roman shades and white furniture balance out the vivid color and pattern.

WALLPAPER: Scion's Shibori in Lagoon, available through ADAC; *404/231-3938*

THE PALETTE

1. TURQUOISE: (trim) Peacock Blue (2049-40); *benjamin moore.com*
2. PINK: Primrose (RL2133); *ralph laurenpaint.com*
3. MINT GREEN: (ceiling) Forget Me Not (2049-60); *benjaminmoore.com*

HOST DERBY DAY

Celebrate the South's swankiest horse race with easy and elegant food, inexpensive decor, and the world's greatest DIY fascinator

PRODUCED BY WHITNEY WRIGHT
PHOTOGRAPHS BY HECTOR SANCHEZ

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PLUS
CLEVER CONVERSATION STARTERS

ARRANGE IT!

A ROSE REVIVAL

Buffy Hargett Miller, our staff florist extraordinaire, created this modern arrangement featuring the Derby's favorite flower

No. 4
Fill in between the rows with small green spray roses or moss.

No. 3
Arrange large roses (garden roses are the most dramatic; we used 13) with 3-inch stems in three rows, leaving space between each row.

No. 2
Fill the bottom with florist foam that has been soaked in water for 30 minutes. Cut the foam to fill your container, and make it level with the top edge.

No. 1
Select a medium-size footed bowl. It should hold about 4 cups of water.

ARRANGE IT FOR LESS!

SAVE MONEY BY FLOATING BIG BLOOMS

1. Start with a glass globe-shaped bowl. (Ours is a 10-inch sphere.)

2. Fill the bowl halfway with water.

3. Swirl several tulips around the inside of the bowl.

4. Float one to three blossoms (with ½-inch stems) on the water.

SHAKE IT UP

On race day, Churchill Downs serves up 120,000 mint juleps and 40,000 of the lesser-known Oaks Lily cocktails. Sterling julep cups are classic, but these cocktails are so pretty—why not show them off in highball glasses?

THE *SL* MINT JULEP

Our go-to recipe for the quintessential Derby-day drink

Place 3 mint leaves and 1 Tbsp. Mint Simple Syrup in a chilled 8-oz. glass. Muddle leaves to release flavors. Pack glass with crushed ice; pour 3 Tbsp. bourbon over ice, and top with 2 Tbsp. club soda.

THE BLUSH LILY

Our version of Churchill Downs' Oaks Lily

Fill a cocktail shaker with crushed ice; add 6 Tbsp. cranberry juice, 3 Tbsp. vodka, 2 Tbsp. fresh lime juice, and a splash of Triple Sec. Cover with lid, and shake vigorously until chilled. Strain into a highball glass filled with crushed ice.

PROP STYLING: CAROLINE M. CUNNINGHAM; FOOD STYLING: ERIN MERHAR

MINT SIMPLE SYRUP

Simple syrup is a wonder because the sugar is fully dissolved and a sludge of sugar crystals won't appear at the bottom of your drink.

Bring 1 cup sugar and 1 cup water to a boil in a medium saucepan over high heat. Boil, stirring often, 5 minutes or until sugar dissolves. Remove from heat; add 10 to 12 fresh mint sprigs, and cool completely (about 10 minutes). Pour into a glass jar with a tight-fitting lid; cover and chill 24 hours. Discard mint. Keep for up to 2 weeks. Makes 2 cups.

ITALIAN-STYLE SALSA VERDE
BLACKBERRY-HONEY MUSTARD SAUCE
PORK TENDERLOIN SLIDERS

COOK IT!

PARTY FARE

On Derby day, it's all about grazing. Each of these recipes can be made ahead and served at room temperature

JALAPEÑO CHEESE STRAWS

We know: You've got a cheese straw recipe you can make with your eyes closed. But give this subtly spicy recipe (that impressed our Test Kitchen staff!) a try.

- 1 (8-oz.) block extra-sharp Cheddar cheese, grated
- ¼ cup grated Parmesan cheese
- ½ cup butter, softened
- 3 Tbsp. diced pimiento, drained
- 1 jalapeño pepper, seeded and minced
- 2 tsp. half-and-half
- 1 tsp. kosher salt
- ⅛ to ¼ tsp. ground red pepper (optional)
- 1½ cups all-purpose flour
- Parchment paper

1. Preheat oven to 350°. Beat Cheddar cheese, next 6 ingredients, and, if desired, red pepper at medium speed with a heavy-duty electric stand mixer until blended. Gradually add flour, beating at low speed just until combined.

2. Turn dough out onto a well-floured surface. Divide dough in half; flatten each half into a square. Roll each square to ⅛-inch thickness (about 12 x 12 inches). Cut into ½- x 12-inch strips, using a fluted pastry wheel.

3. Holding 1 dough strip at each end, twist strip until tightly curled. Pinch ends to seal. Repeat with remaining strips, and place ½ inch apart on 2 parchment paper-lined baking sheets.

4. Bake at 350° for 10 minutes, placing 1 sheet on middle oven rack and 1 sheet on lower oven rack. Rotate pans front to back, and top rack to bottom rack. Bake 10 to 12 more minutes or until edges begin to brown. Cool on baking sheets on wire racks 5 minutes. Remove to wire racks, and cool completely.

MAKES about 4 dozen. **HANDS-ON** 30 min.; **TOTAL:** 1 hour, 15 min.

CHILLED SWEET PEA SOUP WITH MINT AND CREAM

We love this bright, minty soup because it adds a pop of spring color to the buffet. Make it up to 48 hours ahead of time.

- 2 Tbsp. butter
- 3 medium leeks (white and light green parts only), rinsed, drained, and chopped
- 1 (32-oz.) container reduced-sodium chicken broth
- 1 (16-oz.) package frozen sweet peas
- ¼ cup chopped fresh mint leaves
- 2 tsp. kosher salt
- ½ tsp. freshly ground black pepper
- 1 cup sour cream
- 2 Tbsp. fresh lemon juice
- Garnish: sliced chives

1. Melt butter in a large saucepan over medium-low heat. Add leeks, and cook, stirring occasionally, 6 to 8 minutes or until tender. Stir in chicken broth, and increase heat to high. Bring to a boil. Add peas, and cook, stirring occasionally, 3 minutes or until peas are tender. Remove from heat, and stir in mint, salt, and pepper.

2. Process pea mixture, in batches, in a blender or food processor until smooth. Transfer mixture to a bowl, and whisk in ½ cup sour cream. Season with salt and pepper, and pour into 2-oz. glasses. Chill 30 minutes to 1 hour. Whisk together lemon juice and remaining sour cream, and dollop on each serving.

MAKES 1 / qt. **HANDS-ON** 30 min., **TOTAL** 1 hour

PORK TENDERLOIN SLIDERS

One carefree way to serve these cuties is to slice the tenderloins on a large cutting board, set out fresh rolls and homemade condiments, and let guests build their own sandwiches.

- 2 pork tenderloins (about 2½ lb.), trimmed
- 3 Tbsp. olive oil, divided
- 2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- ¼ cup firmly packed dark brown sugar
- 2 Tbsp. Dijon mustard
- 3 Tbsp. fresh thyme leaves
- 2 Tbsp. chopped fresh rosemary
- 20 slider buns or dinner rolls, split
- Italian-Style Salsa Verde (recipe at right), Blackberry-Honey Mustard Sauce, or Bacon-and-Sweet Onion Jam (recipes, page 148)

1. Preheat oven to 400°. Rub pork tenderloins with 1 Tbsp. oil, and sprinkle with salt and pepper. Stir together sugar and next 3 ingredients; rub over pork.

2. Cook pork in remaining 2 Tbsp. hot oil in a skillet over medium-high heat 5 minutes, browning on all sides. Place tenderloins on a wire rack in a jelly-roll pan.

3. Bake at 400° for 20 minutes or until a meat thermometer inserted in thickest portion registers 155°. Remove from oven, and let stand 10 minutes. Slice and serve on slider buns with sauces, or wrap tenderloin whole and refrigerate up to 3 days.

MAKES 20 sliders. **HANDS-ON** 25 min.; **TOTAL** 55 min., not including sauces

ITALIAN-STYLE SALSA VERDE

This all-purpose condiment is vibrant and packed with herbs and makes everything taste garden fresh. It brightens up our sliders (at left) and can also be stirred into scrambled eggs or drizzled over steak.

- 1 small jalapeño pepper
- 2 medium-size banana peppers
- ½ cup extra virgin olive oil
- ⅓ cup finely chopped fresh flat-leaf parsley
- 4½ tsp. chopped fresh chives
- 1 Tbsp. minced fresh oregano
- 2 garlic cloves, minced
- 1 tsp. kosher salt

1. Preheat broiler with oven rack 6 inches from heat. Broil jalapeño 3 to 4 minutes on each side or until blackened. Place blackened jalapeño in a small bowl, cover with plastic wrap, and let stand 10 minutes. Meanwhile, broil banana peppers 1 to 2 minutes on each side or just until blistered and slightly softened. Cool completely (about 10 minutes), and chop. Peel and finely chop jalapeño, discarding seeds.

2. Stir together oil, next 5 ingredients, and chopped peppers in a small bowl. Cover and let stand 30 minutes. Serve at room temperature, or cover and refrigerate up to 1 week.

MAKES about 1 cup. **HANDS-ON** 30 min.; **TOTAL** 1 hour, 5 min.

(RECIPES CONTINUE ON P. 148)

HANG ON TO YOUR HAT

Like a strand of pearls, a hat is an investment piece. Go with a classic style you'll wear forever.

WIDE BRIM This iconic derby hat imparts instant drama. A big brim can be tough to keep in place (especially in wind), so stitch a headband inside the crown to keep it stable. Our favorite: Fabulously floppy, it's made from a material with 50+ UPF to protect you from the sun. Ultrabraid Ribbon Floppy, $42; *sandiegohat.com*

SMART STORAGE

Pick a cool, dry spot. A hatbox is best, or hang the hat from a hook. Prevent pokes and puckers by lining the crown with a towel before hanging.

FEDORA Its curled brim and top crease convey an edgy, laid-back look. The style was named after the heroine of a 19th-century French play who wore a similar style. Our favorite: This airy, white fedora with a tidy black bow has a ladylike vibe, perfect for a Southern belle. Ella Monroe, $140; *goorin.com*

CLOCHE The close fit, bell-shaped crown, and narrow turned-down brim feel fun and adventurous. After all, this was the hat of the Roaring Twenties. Our favorite: Made from summery white straw, this one is finished with a romantic grosgrain bow. Miley, $80; *hats.com*

BOATER Also called a skimmer, this stiff straw hat is the ultimate warm-weather accessory for gentlemen. Put one on your guy and he'll feel like a millionaire: Real estate tycoon John Jacob Astor IV was one of the boater's biggest fans. Our favorite: Handcrafted by milliners in Italy, this masterpiece is as authentic as they come. Traditional Boater, $175; *jjhatcenter.com*

PRODUCED BY ASHLEY WILLIAMS

MAKE IT!

THE $25 FASCINATOR

These over-the-top headpieces are no longer reserved for royalty. This one is easy to make and even easier on your wallet

The secret to fascinator success? Sinamay, a stiff but malleable fabric. It's a basic material used in the art of millinery, and it's easy for a beginner to handle. You only need scissors, an iron, pins, a needle and thread, feathers, and a headband to transform sinamay into a statement piece.

No. 1

Fold an 18-inch square of sinamay in half diagonally. Cut along the crease, creating two triangles.

No. 2

On one triangle, draw a line parallel to the longest edge, measuring 4 inches in from that edge. Cut along line to form a strip. Measure another 4-inch strip along longest edge, and cut. Repeat on second triangle to form four strips.

No. 3

Fold one strip in half lengthwise, and crease. Unfold. Fold cut edges in to meet. Fold again on center crease to hide edges.

No. 4

Holding ends, pull each strip tightly to lengthen and narrow. Iron each strip on high steam heat until strip adheres to itself.

No. 5

Form two longest strips into figure eights, and pin. Form "S" shape with one short strip, and pin ends in center. Curl remaining strip into a wide cone; pin.

No. 6

Offset one figure eight on top of the other, and pin. Add "S" shape, and pin in the center. Add cone to center, and pin.

No. 7

Use a needle and thread to stitch pieces together. Hot-glue feathers onto center, hiding binding under cone. Remove pins.

No. 8

Attach fascinator to any headband, using a needle and thread.

GET OUR EXCLUSIVE FASCINATOR KIT from Petershams to try this yourself! $25; *petershams.etsy.com*

THINGS A

DERBY PARTY HOSTESS SHOULD KNOW

ALL THE NEWS THAT'S FIT TO SPRINT — SATURDAY, MAY 2, 2015

THE TRIPLE CROWN

A horse must win the Kentucky Derby, Preakness Stakes, and Belmont Stakes in the same year to win the Triple Crown, the most coveted title for a Thoroughbred.

HOW MANY HORSES HAVE WON IT? 11

FIRST EVER
SIR BARTON IN 1919

MOST RECENT
AFFIRMED IN 1978

NEAR MISSES 22 horses have won both the Kentucky Derby and the Preakness Stakes but didn't win at Belmont. So close!

WHAT IS A DERBY?

The term "derby" refers to a horse race that is restricted to three-year-old horses. Both fillies (female horses) and colts (male horses) can run in the Kentucky Derby.

TRACK LENGTH

The Kentucky Derby is 1 ¼ miles (shortened in 1896 from its original 1 ½ miles), making it the shortest of the Triple Crown races.

LUCKY LADIES

In 1904, a horse named Elwood became the first winning horse that was both owned and bred by women. Mrs. Laska Durnell was the owner, and Mrs. J.B. Prather was the breeder.

HIGH HATS

From parasols to peplums, fashion has a long history at the Kentucky Derby. Wearing a hat, however, is not just about making a statement; a hat is believed to bring luck to the jockeys, horses, and your bets.

What is an OAKS?

"Oaks" is a term that refers to a race restricted to three-year-old fillies. The Kentucky Oaks is always run the Friday before the Derby.

SING ALONG

A tradition since 1921, the horse parade takes place before the race while the University of Louisville's marching band plays and the crowd sings Stephen Foster's "My Old Kentucky Home."

MAY 17, 1875

The date of the first Kentucky Derby, our country's oldest continuous sporting event

DID YOU KNOW?

In 1904, the red rose became the official flower of the Kentucky Derby. Roses first became a part of the celebration and race when they were given to all ladies attending the swanky Louisville Derby Party. More than 400 red 'Freedom' roses are sewn onto a satin backing to make the winning horse's garland, and 60 long-stemmed roses wrapped in 10 yards of ribbon make up the winning jockey's bouquet.

Illustrations by RYAN HUDDLE

RACING LINGO

[WIN]
FIRST PLACE

[PLACE]
SECOND PLACE

[SHOW]
THIRD PLACE

ACEY-DEUCY: uneven stirrups, popularized by celebrated jockey Eddie Arcaro, who rode this way to achieve better balance on turns

FURLONG: ⅛ of a mile

MAIDEN: a horse that has never won a race

SILKS: the jacket and cap worn by each rider to designate the owner of the horse

THOROUGHBRED: a horse whose lineage traces back to three stallions—the Darley Arabian, Byerly Turk, and Godolphin Arabian

WHAT TO WAGER?

MONEY One $5 bill is a nice and easy wager that will keep the betting lighthearted and fun.

COOKIES Each of the losing participants bakes a batch for the winner.

FLOWERS Each losing participant gives a fresh bouquet to the winner.

PONY UP

Wanna get in on wagering? Here's an easy DIY pool you can run at home: Write the name of each horse on a piece of paper, and toss them into a hat. Have everyone draw a horse's name. The player holding the winning horse's name at the end of the race wins the pot.

THE JOCKEY CLUB

An organization founded in 1894 to monitor Thoroughbred horse breeding and racing. They maintain *The American Stud Book*, a register of every single Thoroughbred born in the United States.

BIG GAMBLE

At the track, wagering the "Superfecta" means you're attempting to select the first four finishers in a race, in the correct order. In 2005, a $1 Superfecta bet at the Kentucky Derby paid a record $864,253.50. But generally, this wager is nearly impossible to win.

FAST ACT

Triple Crown winner Secretariat holds the Churchill Downs track record for his 1:59 Derby run. He was named the 1973 Horse of the Year, and his amazing story was the focus of a popular Disney movie.

AKA

You'll hear the Derby called the "Most Exciting Two Minutes in Sports" (because the race is usually over in two minutes) or the "Chance of a Lifetime" (because a horse is allowed to run in the Derby only once in its life).

GIRL POWER

A total of 40 fillies have raced in the Kentucky Derby, and three have won: Regret (in 1915), Genuine Risk (in 1980), and Winning Colors (in 1988). Genuine Risk and Winning Colors competed in all three Triple Crown races.

HOW DO YOU NAME A HORSE?

Names of Thoroughbreds are registered by The Jockey Club. Names can be no longer than 18 characters, including punctuation and spaces.

HOW OLD IS A HORSE?

No matter in which month a Thoroughbred is born, its birthday is officially January 1. Giving all horses the same birthday makes it easier to track their pedigrees.

2015
Amy Arrowsmith (with her son Teddy) on the same lawn where she walked with her grandmother.

COMING HOME TO ROOST

Returning to live in her grandparents' Georgia house, Amy Arrowsmith added touches of her own while preserving the spirit of the place

BY STEVE BENDER • PHOTOGRAPHS BY LISA ROMEREIN
STYLING BY REBECCA OMWEG

HISTORICAL PHOTO COURTESY HOMEOWNER

1972
Three-year-old Amy and her grandmother, Isabel Temple Smartt, set out to explore the dairy and gardens during one of Amy's frequent visits.

"You can't go back home to your family," wrote acclaimed novelist Thomas Wolfe, "back home to your childhood... back home to places in the country...back home to the escapes of Time and Memory." Plucking an egg from beneath one of her chickens, Amy Arrowsmith begs to differ.

She remembers visiting her grandparents' house out in the country not far from Chattanooga when she was a child. It was a place where cows and horses grazed; chickens scratched; roses, peonies, and camellias bloomed; and cousins lost themselves in the innumerable games of imagination that being young on a farm inspires.

Chickens still scratch, camellias and peonies blossom, and the home again opens its doors to family and friends. Only now, Amy and her family live in that farmhouse, continuing her grandparents' close-to-the-land traditions.

Built in 1913 and bought by Amy's grandparents in 1946, the house sits on roughly 6 acres just across the Georgia line from Chattanooga, within view of Lookout Mountain. The homestead served as a working dairy with 60 to 80 milk cows. Amy never milked the cows—a machine took care of that—but she did get to feed baby calves in a barn behind the milking parlor. Her favorite memory was "waking up in the morning and eating Froot Loops with milk that came fresh from the cows in a real milk jug with all that cream," she says. "That image sticks with me to this day."

The dairy was her grandfather's bailiwick, while her grandmother, Isabel Temple Smartt, loved to garden and regularly hosted garden-club meetings. "Her rose garden was spectacular!" Amy recalls. "All of her flowers were pink. She loved pink."

When Amy's grandparents passed away in the late 1990s, she and her husband, Ted, were living in Nashville. After Ted took a job in Chattanooga, they moved into the old farmhouse for what they thought would be a temporary stay. "We just sort of camped out there and then decided it would be fun to fix up the place and get it ready for the next generation."

That wouldn't be easy or quick. "The house was falling apart," she remembers. "The plaster walls and staircase were crumbling. It was kind of overwhelming."

Amy's parents came to the rescue. They built a small guest house next to the farmhouse for Amy's family to stay in during the five-year renovation that mercifully ended in 2005.

Amy and Ted reworked much more than the house. Nashville landscape architect Ben Page put together a master plan that included a pool, a gravel drive, and walkways. The pool—the kids' favorite summer hangout—offers a magnificent view of Lookout Mountain. Amy asked Birmingham garden designer Troy Rhone to soften its edges with tried-and-true, traditional Southern flowers her grandmother would have enjoyed: daylilies, purple coneflowers, Shasta daisies, and butterfly bushes. "I didn't want anything gaudy or fancy," she says.

Rhone also designed the master touch that brings the old farm to life once more—a fenced vegetable garden and new chicken coop. Amy already kept chickens in her daughter's old playhouse. She bought chicks one Easter about 10 years ago from the feedstore for the kids to play with, she admits sheepishly. The kids weren't enthralled by the chickens' daily care, however, so that chore fell completely on Amy. Luckily, she was a quick study.

Reading Michael Pollan's book *The Omnivore's Dilemma* proved to be an epiphany. Pollan criticizes the large-scale, industrial production of so-called "organic" food. "Right then, I became absolutely committed to raising my own chickens, because I wanted eggs that were the real deal, coming from chickens that were out pecking around and eating worms and grubs," she explains. Her flock has since grown to nearly 30 hens (docile breeds like Buff Orpington, Barred Plymouth Rock, and Rhode Island Red) that lay many more eggs than her family can eat. "I love giving away eggs to people," she says. "They make great hostess gifts."

Though the cows are gone, Isabel Temple Smartt would very much recognize the special place where she and Amy walked hand in hand across the lawn more than 40 years ago. "She'd be very happy about how we've taken care of it, how much our children love living here, and that it's still where family and friends get together," Amy says.

As Wolfe observed in *You Can't Go Home Again,* "Some things will never change. Some things will always be the same. Lean down your ear upon the earth and listen." Amy Arrowsmith did.

• THE • POOL

It's hard to imagine a more dramatic backdrop for a pool than the distant cliffs of Lookout Mountain, not far from Rock City. Framed by crepe myrtles and Southern magnolias, the pool was added to occupy the kids during the summer and also to provide a great spot for entertaining. Bordering the pool with trees, shrubs, and flowers better integrates it into the garden.

• THE • BOXWOOD GARDEN

"Troy thought we needed something pretty to look out on," Amy says of the beautiful boxwood garden outside their master bedroom. "He put in formal boxwood parterres and then enclosed them with a simple picket fence. This mixing of formal and informal is signature Troy." To make the boxwood design, Rhone used stakes and strings to map out the pattern before planting and added the picket fence at the end.

1

2

3

4

• A DAY ON •
THE FARM

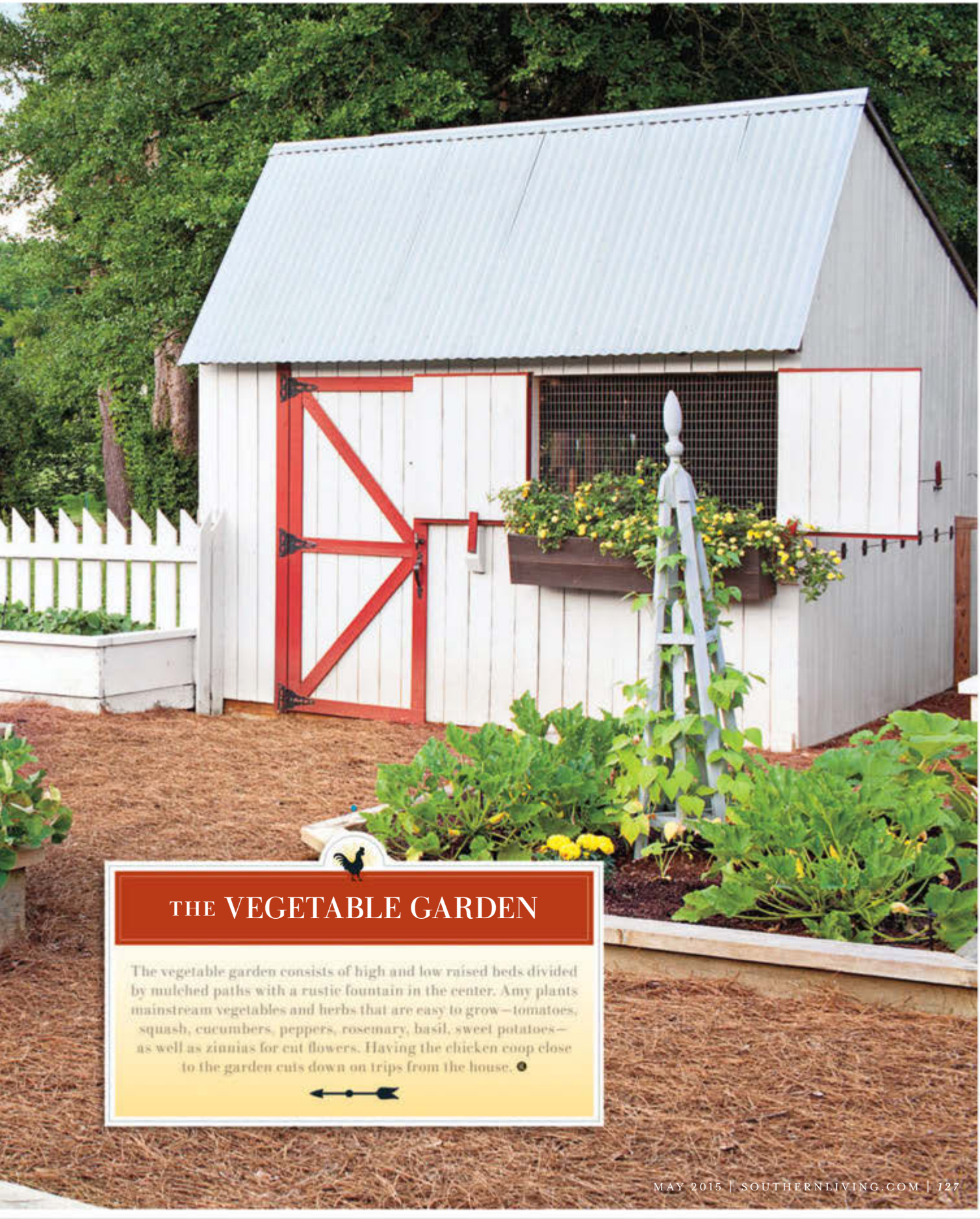
1. Blue-green eggs come from Araucana chickens. **2.** The family's amassed nearly 30 hens. **3.** Sons Teddy and John test the limits of gravity. **4.** Buff Orpingtons are Amy's prettiest chickens. **5.** Day-lilies and other stalwart perennials bloom around the pool. **6.** Squash blossoms are both showy and edible. **7.** A mounted fan of old garden tools decorates the garage. **8.** Amy waters her purple cone-flowers near the pool.

5

6

7

8



THE VEGETABLE GARDEN

The vegetable garden consists of high and low raised beds divided by mulched paths with a rustic fountain in the center. Amy plants mainstream vegetables and herbs that are easy to grow—tomatoes, squash, cucumbers, peppers, rosemary, basil, sweet potatoes—as well as zinnias for cut flowers. Having the chicken coop close to the garden cuts down on trips from the house.

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Southern Cooking

FROM THE SOUTH'S MOST TRUSTED KITCHEN

BAKE, GRILL, SEAR, OR ROAST

IT'S FISH SEASON

TRIED-AND-TRUE TECHNIQUES FOR MASTERING YOUR FAVORITE FISH AT HOME

PROP STYLING: BUFFY HARGETT MILLER; FOOD STYLING: ERIN MERHAR

photographs by HECTOR SANCHEZ

PARCHMENT IS BEST FOR: Fish fillets that are about 1 inch thick, such as **snapper, flounder, sole, striped bass,** and **salmon.**

EXPERT ADVICE: Packets must be tightly sealed so they don't come undone while baking. Make small, snug, overlapping folds to seal each bundle, and then twist the tail ends tightly closed.

TECHNIQUE NO. 1

BAKING IN PARCHMENT PAPER

This method makes French-style cooking easy. Each parcel of fish and veggies steams with its own delicious juices (a technique called en papillote*). The package concentrates the flavors, and when opened at the table, it releases a dramatic cloud of aromatic steam.*

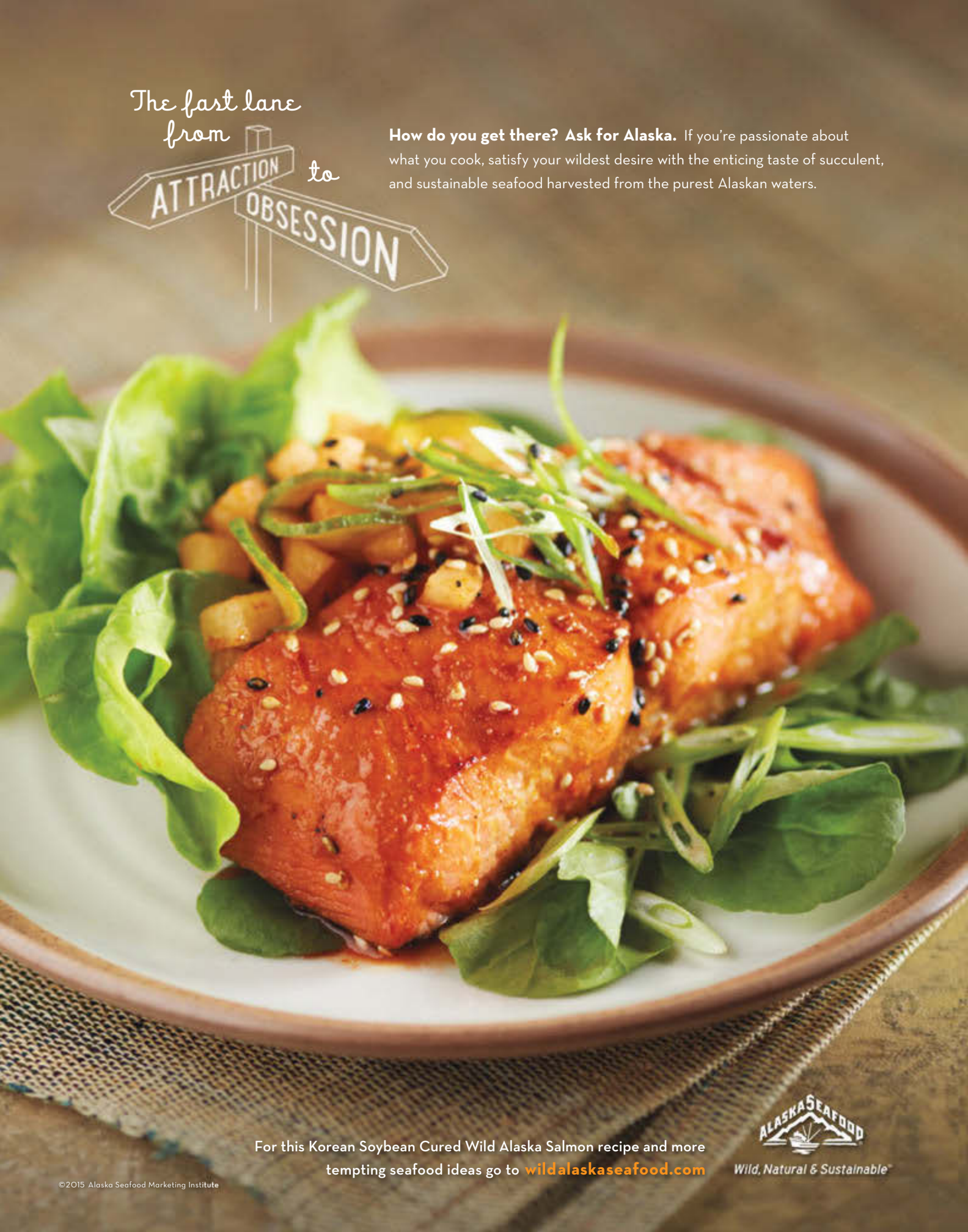
SNAPPER BAKED IN PARCHMENT WITH SPRING VEGETABLES

- ½ lb. fresh asparagus
- 8 sweet mini peppers
- 1 small sweet onion, thinly sliced
- 4 pickled okra pods, halved lengthwise
- 8 oz. small Yukon gold potatoes, sliced
- 1 Tbsp. chopped fresh flat-leaf parsley
- ½ tsp. chopped fresh dill
- 2 Tbsp. plus 1 ½ tsp. olive oil
- 1 ½ tsp. kosher salt
- ½ tsp. ground black pepper
- 4 (17-inch) parchment paper or aluminum foil squares
- 4 (6- to 8-oz.) fresh snapper fillets, skin on
- 1 lemon, quartered
- 4 Tbsp. butter

1. Preheat oven to 400°. Snap off tough ends of asparagus, and discard. Toss together asparagus, next 6 ingredients, 1 Tbsp. olive oil, and ½ tsp. each salt and black pepper. Divide mixture among parchment paper squares; top each with 1 snapper fillet, skin side up. Sprinkle with remaining salt, and drizzle with remaining oil. Squeeze juice from lemon over fillets; and top each with 1 Tbsp. butter. Bring parchment paper sides up over mixture; fold top, and twist ends to seal. Place packets on a baking sheet.

2. Bake at 400° for 15 to 20 minutes or until a thermometer registers 140° to 145° when inserted through paper into fish. Place packets on plates, and cut open. Serve immediately.

MAKES 4 servings. **HANDS-ON** 20 min., **TOTAL** 35 min.



How do you get there? Ask for Alaska. If you're passionate about what you cook, satisfy your wildest desire with the enticing taste of succulent, and sustainable seafood harvested from the purest Alaskan waters.

For this Korean Soybean Cured Wild Alaska Salmon recipe and more tempting seafood ideas go to **wildalaskaseafood.com**

ALASKA SEAFOOD

Wild, Natural & Sustainable

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Strawberry-Blueberry Relish *(recipe, page 140)* adds color and spicy sweetness to mild fish.

TECHNIQUE NO. 2

GRILLING

Grilling adds smoky flavor fast. Follow our Expert Advice to flip fillets effortlessly.

GRILLED TRIGGERFISH

- 4 (6-oz.) triggerfish fillets
- Vegetable cooking spray
- 2 Tbsp. extra virgin olive oil
- ½ tsp. table salt
- ¼ tsp. freshly ground black pepper
- Strawberry-Blueberry Relish (recipe, page 140)

1. Pat fillets dry with paper towels, and let stand at room temperature 10 minutes. Meanwhile, coat cold cooking grate of grill with cooking spray, and preheat grill to 400° (medium-high) heat.

2. Brush both sides of fish with oil; sprinkle with salt and pepper. Place fish on grate, and grill, covered with grill lid, 4 minutes or until grill marks appear and fish no longer sticks to grate.

3. Carefully turn fish over, using a metal spatula, and grill, without grill lid, 2 minutes or just until fish separates into moist chunks when gently pressed. Serve with Strawberry-Blueberry Relish.

MAKES 4 servings. **HANDS-ON** 10 min., **TOTAL** 20 min.

GRILLING IS BEST FOR: Thin fillets or steaks that are ½ to 1 inch thick, such as **triggerfish, tilapia, mahi mahi, tuna, swordfish,** and **trout.**

EXPERT ADVICE: First, make sure your grill is clean and hot. Flip once, and don't rush. The fish is ready to turn when it releases easily from the grate without tugging or tearing.

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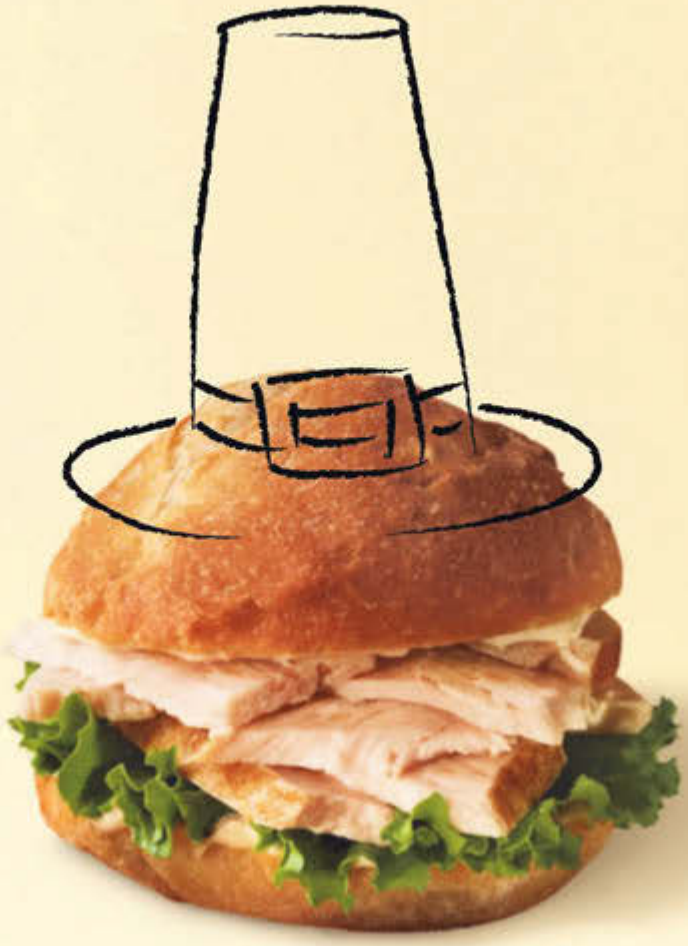
Oscar Mayer



Give Thanks on a Tuesday.

Slow Roasted and Carved Thick. *Oscar Mayer Carving Board* gives you all the taste of Thanksgiving any day of the year.

It's Holiday, Any Day Food. It's ***Oscar Mayer.***

TECHNIQUE NO. 3

PAN-SEARING

This is the secret to restaurant-quality fish. The magic happens on the bottom of the pan where the fish forms an even, crisp crust. The sauce seals the deal.

PAN-SEARED GROUPER WITH BALSAMIC BROWN BUTTER SAUCE

- 4 (4- to 6-oz.) fresh grouper fillets
- 1 tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 2 Tbsp. olive oil
- 4 Tbsp. butter
- 1 Tbsp. balsamic vinegar
- 1 tsp. minced shallot
- 1 tsp. fresh lemon juice

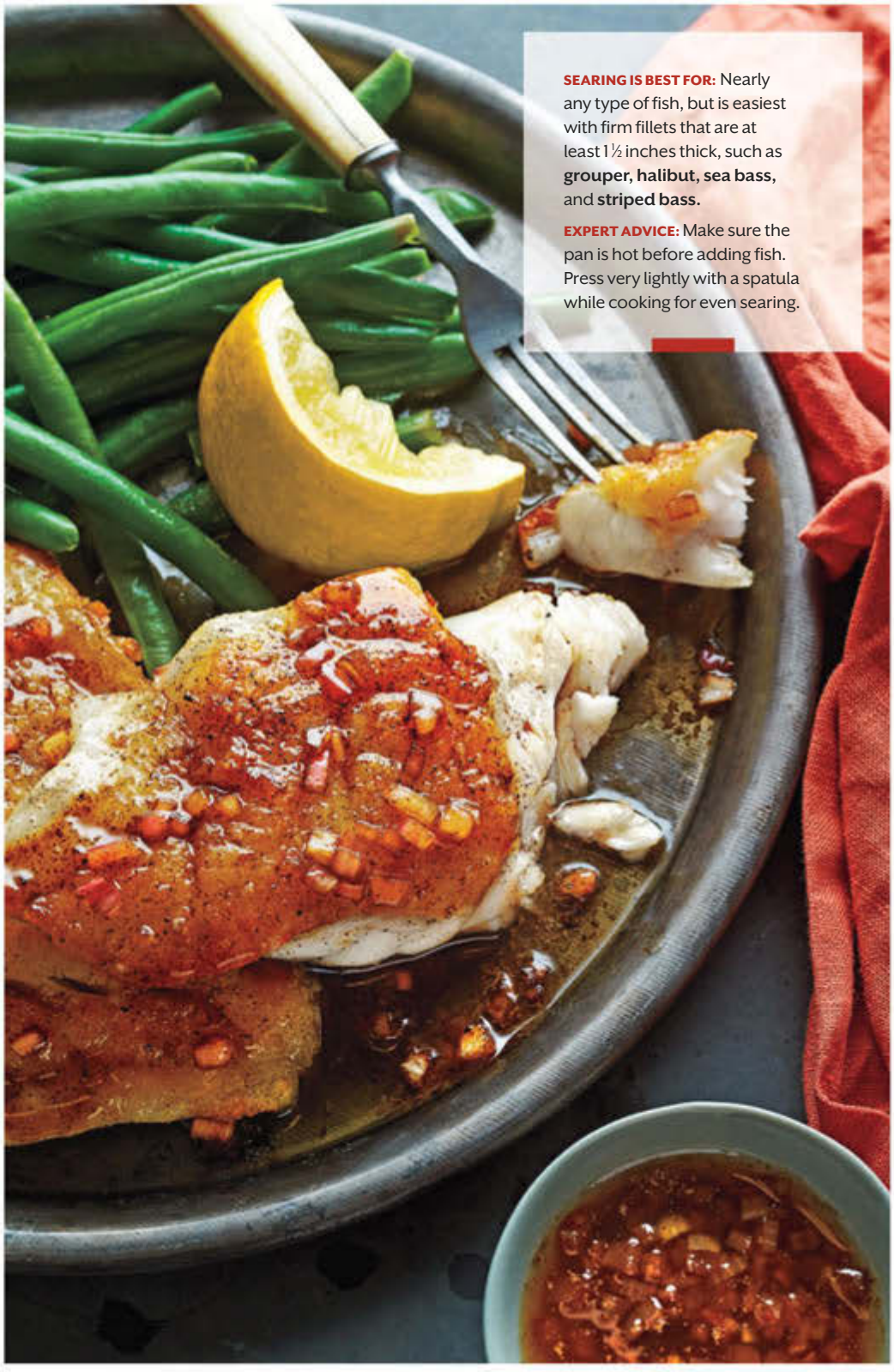
1. Preheat oven to 425°. Pat fish dry with paper towels, and let stand at room temperature 10 minutes. Sprinkle fillets with salt and pepper.

2. Heat oil in a large ovenproof skillet over medium-high heat. Carefully place fillets, top side down, in hot oil. Cook 3 to 4 minutes or until the edges are lightly browned. Transfer skillet to oven.

3. Bake at 425° for 4 to 5 minutes or until fish is opaque. Remove skillet from oven, and place fish, seared side up, on a platter.

4. Wipe skillet clean. Cook butter in skillet over medium heat 2 to 2 ½ minutes or until butter begins to turn golden brown. Pour butter into a small bowl. Whisk in vinegar, shallot, and lemon juice. Season with salt and pepper.

MAKES 4 servings. **HANDS-ON** 20 min., **TOTAL** 30 min.



SEARING IS BEST FOR: Nearly any type of fish, but is easiest with firm fillets that are at least 1½ inches thick, such as **grouper, halibut, sea bass,** and **striped bass.**

EXPERT ADVICE: Make sure the pan is hot before adding fish. Press very lightly with a spatula while cooking for even searing.

Strawberry Flaxtini

- 8 Tbsp Almased
- 1½ cup water
- ½ cup strawberries
- 1 Tbsp flaxseeds, ground

Melt Your Belly Fat

Fat deposits around your stomach are known to be the most detrimental to your health and also the hardest to get rid of. But with the delicious smoothies on the right, you can melt those stubborn pounds away.

Their key ingredient, Almased, helps you boost the fat-burning process while retaining muscle mass. The special fermentation used for making Almased releases bioactive peptides from its three main ingredients, soy, yogurt and honey. These peptides are unique to Almased and have been shown to inhibit the storage of fat in the body and support the breakdown of existing fat. Combine that with providing a natural boost of energy and maintaining healthy blood sugar and thyroid function and you have the ideal weight loss multi-tasker.

The unique and all-natural formula Almased is gluten-free, diabetic friendly and contains no artificial fillers, flavors, added sugars, preservatives or stimulants. It has been clinically confirmed to support weight loss and overall well-being.

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

Green Energy

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)

Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- ¼ cup cold coffee
- 1 tsp stevia (optional)

Cinnamon Roll

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)

YOU CAN REPLACE ONE OR TWO MEALS A DAY WITH AN ALMASED SMOOTHIE FOR WEIGHT LOSS, OR ADD IT TO YOUR REGULAR DIET ROUTINE FOR WEIGHT MAINTENANCE AND WELLNESS.

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You can find Almased in Walgreens, GNC, the Vitamin Shoppe and health food stores or visit **www.almased.com**.

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A SOUTHERN LIVING INSPIRED EVENT

Join Us for the 2nd Annual Bottles & Barrels Event

Bottles & Barrels 2015 kicks off **Friday, May 8** with small dinners at private homes throughout the Habersham neighborhood.

Guests will sit down to a professionally prepared meal, complete with hand-selected wine tastings by vineyard representatives present at the event.

The tasting portion happens **Saturday, May 9** in the Habersham Marketplace featuring a menu from boutique wineries and craft beer breweries.

PLUS: enjoy our 2nd annual Chef Cook-off, culinary tastings and more!

For more information, visit:
Bottles-Barrels.com

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ROASTING IS BEST FOR: Shrimp or large fillets of firm fish, such as **snapper, cod, sea bass,** and **salmon.** This is the best technique for whole, dressed fish.

EXPERT ADVICE: Don't crowd the pan. Spread the shrimp or pieces of fish in a single layer to avoid soggy or tough results.

TECHNIQUE NO. 4

ROASTING

This recipe requires almost no effort for maximum reward. Just 10 minutes in the oven plus our special sauce equals tender, juicy shrimp with a kick.

ROASTED GULF SHRIMP WITH ROMESCO SAUCE

- 1½ lb. large, peeled, and deveined raw shrimp
- 1 Tbsp. olive oil

- 1 tsp. kosher salt
- ½ tsp. freshly ground black pepper
- Parchment paper
- 1 (12-oz.) jar roasted red peppers, drained
- ¼ cup slivered almonds, toasted
- 2 garlic cloves
- 2 Tbsp. extra virgin olive oil
- 1½ Tbsp. red wine vinegar
- 1 Tbsp. fresh lemon juice
- Garnishes: chopped fresh flat-leaf parsley, sliced chives

1. Preheat oven to 425°. Toss together shrimp and next 3 ingredients in a large bowl. Place shrimp in a single layer in a parchment paper-lined jelly-roll pan.

2. Process roasted peppers and next 5 ingredients in a blender until smooth. Drizzle ½ cup sauce over shrimp.

3. Roast at 425° for 10 minutes or until shrimp turn pink. Serve immediately with remaining sauce.

MAKES 4 to 6 servings. **HANDS-ON** 20 min., **TOTAL** 30 min.

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THE *SL* TEST KITCHEN ACADEMY

ROBBY MELVIN, DIRECTOR OF THE SOUTH'S MOST TRUSTED KITCHEN, SHARES TIPS FOR

BUYING FRESH SEAFOOD

Talk to the fish guy at the seafood counter, and ask what's in season and what's local. When fish is abundant, the quality goes up and the price goes down.

SCAN ROBBY'S IMAGE above using the Digimarc app to watch Robby prepare fish baked in parchment, or visit *southernliving.com/fish*.

1 FIND A STORE where fish experts can answer questions and guide your selection. Busy markets get frequent shipments and are likely to have the freshest product.

2 TRUST YOUR NOSE Fresh fish and shellfish smell like the briny sea or a clean creek. A fishy smell is a red flag.

3 PAY ATTENTION to how the fish is displayed. Seafood should be surrounded by plenty of clean, crushed ice. Fish packaged under plastic wrap should have little or no accumulated liquid.

- Fillets should have taut, shiny flesh that springs back when gently pressed. There should be no discoloration, dryness, or mushiness around the edges.
- Shrimp should look translucent with no black spots or dark edges. Shells keep raw shrimp firm and moist, so for best flavor and texture, buy shrimp with the shells on, and peel at home. It's worth the work!

4 KEEP IT COOL Fresh seafood needs to be properly chilled at all times. Ask for a separate small bag of crushed ice to place on top of the wrapped fish to keep it cold in the cart and on the way home. Store fish in the coldest part of the refrigerator (in the back), and cook it within two days of purchase.

5 BE FLEXIBLE Let freshness guide your purchase. More than one type of fish will work in almost any recipe. Share your recipe with your fish guy and he should be able to offer substitution options.

ALISON MIKSCH; PORTRAIT: MICHAEL HOEWELLER

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Scan the Delta® faucet for recipes!
deltafaucet.com/inspiredliving

This Month: *Add Zing*

Before reaching for extra salt to add to a bland dish, try adding fresh lemon juice or a flavored vinegar. A small splash is sure to liven up a dull dish without adding excess sodium.

OFFICIAL FAUCET of the SOUTHERN LIVING TEST KITCHEN DELTA

see what Delta can do™
deltafaucet.com

CREDIT: NAMENAME

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Chowchows To Relish

Chowchow *(noun)*: A tangy concoction of fresh-picked and quick-pickled produce beloved by Southern cooks

STRAWBERRY-BLUEBERRY RELISH

Sweet berries and jalapeño heat make this a flavorful accompaniment for your favorite grilled fish.

- ½ cup white wine vinegar
- ½ cup firmly packed light brown sugar
- 2 Tbsp. minced fresh ginger
- 1 tsp. lime zest
- ½ tsp. kosher salt
- 1 jalapeño pepper, seeded and minced
- 2 Tbsp. fresh lime juice
- 2 cups chopped fresh strawberries
- 1 cup fresh blueberries
- 1 cup diced cucumber
- 3 Tbsp. minced red onion
- 2 Tbsp. chopped fresh cilantro

1. Bring first 5 ingredients to a boil in a small saucepan over medium-high heat; reduce heat to low, and simmer, stirring occasionally, 5 minutes. Add jalapeño, and simmer, stirring occasionally, 5 minutes. Remove from heat, and let stand 30 minutes. Stir in lime juice.

2. Stir together strawberries and next 4 ingredients in a medium bowl. Add vinegar mixture, and stir to coat. Serve immediately, or refrigerate in an airtight container up to 2 days.

MAKES about 3 cups. **HANDS-ON** 30 min., **TOTAL** 1 hour

SWEET CORN RELISH

Just what you need to jazz up grilled chicken, spoon over a pork chop, or stuff into a cheesy quesadilla.

- 1 cup apple cider vinegar
- ¼ cup sugar
- 1 tsp. kosher salt
- 1 tsp. prepared horseradish
- 2 cups fresh corn kernels (about 4 ears)
- 2 medium zucchini, diced
- ½ cup diced plum tomato
- ½ cup thinly sliced green onions
- 1 Tbsp. chopped fresh flat-leaf parsley

1. Stir together vinegar, sugar, and salt in a small saucepan. Bring to a boil over medium-high heat; reduce heat to medium, and simmer 10 minutes or until reduced to about ½ cup. Remove from heat, and let stand 15 minutes. Stir in horseradish.

2. Stir together corn and next 4 ingredients in a medium bowl. Add vinegar mixture, and toss to coat. Serve immediately, or cover and chill up to 3 days.

MAKES about 3 cups. **HANDS-ON** 20 min., **TOTAL** 45 min.

GREEN TOMATO RELISH

This is a classic tomato relish recipe, but with a tangy twist from green tomatoes.

PROP STYLING: BUFFY HARGETT MILLER; FOOD STYLING: ERIN MERHAR

by THE SL TEST KITCHEN ~ photograph by HECTOR SANCHEZ

Green Tomato Relish

Three-Pepper Chowchow

Napa Cabbage-and-Sweet Pepper Slaw

- 1½ lb. green tomatoes, quartered
- 1 red bell pepper
- 1 poblano pepper
- 1 large white onion, sliced
- 1 cup matchstick carrots
- 2 cups distilled white vinegar (5% acidity), divided
- 1 cup sugar
- 1 Tbsp. kosher salt
- 1 Tbsp. mustard seeds
- ¼ tsp. ground turmeric
- ⅛ tsp. ground cloves
- ⅛ tsp. ground allspice

1. Remove and discard seeds and ribs from tomatoes and peppers. Cut into thin slices.

2. Bring onion, carrots, tomatoes, peppers, ½ cup water, and 1 cup vinegar to a boil in a large stockpot over high heat; reduce heat to medium-low, and simmer, stirring occasionally, 30 minutes. Drain.

3. Return vegetables to stockpot, and stir in sugar, next 5 ingredients, and remaining 1 cup vinegar. Bring to a boil over medium-high heat; reduce heat to medium-low, and simmer 5 minutes. Cool completely. Transfer to a jar; screw on lid, and chill 30 minutes. Store in refrigerator up to 1 week.

MAKES about 4 cups. **HANDS-ON** 40 min.; **TOTAL** 2 hours, 10 min.

THREE-PEPPER CHOWCHOW

Slightly sweet, this pretty relish will transform tacos or a bowl of rice and beans.

- 1 small yellow onion, diced
- ½ cup distilled white vinegar (5% acidity)
- ½ cup fresh lemon juice
- ¼ cup sugar
- 1 tsp. kosher salt
- ¼ tsp. dried crushed red pepper
- 1 yellow bell pepper, diced
- 1 red bell pepper, diced
- 4 banana peppers, diced
- 1 Tbsp. minced fresh thyme

Bring first 6 ingredients and ½ cup water to a boil in a medium saucepan over medium-high heat. Reduce heat to medium, and simmer, stirring occasionally, 5 to 10 minutes or until reduced to about ¾ cup. Stir in peppers, and cook, stirring occasionally, 2 minutes. Remove from heat, and let stand 30 minutes. Stir in thyme. Serve immediately, or refrigerate in an airtight container up to 3 months.

MAKES about 3 cups. **HANDS-ON** 15 min., **TOTAL** 50 min.

NAPA CABBAGE-AND-SWEET PEPPER SLAW

Put this on your pulled pork sandwich and you'll never go back to regular coleslaw again.

- 1 cup rice vinegar
- ¼ cup honey
- 2¼ tsp. kosher salt
- 4 cups chopped napa cabbage
- 1 cup seeded and thinly sliced sweet mini peppers
- ¼ large red onion, thinly sliced
- ¼ cup firmly packed fresh flat-leaf parsley leaves
- 2 Tbsp. chopped fresh mint

1. Stir together first 3 ingredients and 1 cup water in a small saucepan. Bring to a boil over high heat. Reduce heat to medium, and simmer 5 minutes. Remove from heat.

2. Toss together cabbage and next 4 ingredients in a medium bowl. Transfer to a jar; add vinegar mixture, and screw on lid. Chill 8 to 12 hours, turning occasionally. Store in refrigerator up to 3 days.

MAKES about 4 / cups. **HANDS-ON** 25 min.; **TOTAL** 8 hours, 25 min.

Slow-Cooker Ribs

Our "low and slow" method is like magic

EASY BBQ RIBS

- 1 slab baby back pork ribs (3 ½ to 4 lb.)
- Rib Rub, divided
- ½ cup pineapple juice
- 2 tsp. rice vinegar
- 1 tsp. minced garlic
- Fancy Barbecue Sauce

1. Rinse slab, and pat dry with paper towels. Remove thin membrane from back of ribs by slicing into it with a knife and then pulling it off. (This will make ribs more tender.) Reserve ½ Tbsp. Rib Rub; sprinkle both sides of ribs with remaining rub. Wrap ribs in plastic wrap; chill 8 to 12 hours.

2. Stir together pineapple juice, next 2 ingredients, and reserved ½ Tbsp. Rib Rub in a 6-qt. slow cooker. Cut slab in half, and stack halves in slow cooker. Cover and cook on HIGH 1 hour. Reduce heat to LOW, and cook 4 to 5 hours or until ribs are tender.

3. Preheat broiler with oven rack 10 inches from heat. Remove ribs from slow cooker, and place in a single layer in a heavy-duty aluminum foil-lined jelly-roll pan. Brush both sides of ribs with Fancy Barbecue Sauce. Broil ribs 2 to 3 minutes on each side or until caramelized. Serve with remaining barbecue sauce.

Note: Ribs may be cooked entirely on LOW for 6 to 7 hours or until tender.

MAKES 4 to 6 servings. **HANDS-ON** 30 min.; **TOTAL** 13 hours, 45 min., including rub and sauce

RIB RUB

Stir together 2 Tbsp. **dark brown sugar,** 1 ½ Tbsp. **smoked paprika,** 1 ½ tsp. **ground cumin,** 1 ½ tsp. **kosher salt,** ½ tsp. **garlic salt,** ½ tsp. **onion salt,** ½ tsp. **dry mustard,** ¼ tsp. **freshly ground black pepper,** ¼ tsp. **ground red pepper,** and ¼ tsp. **ground ginger.**

MAKES about ¼ cup **HANDS-ON** 5 min. **TOTAL** 5 min.

FANCY BARBECUE SAUCE

Stir together 1 cup **tomato-based bottled barbecue sauce,** ¼ cup **honey,** 1 ½ tsp. **apple cider vinegar,** ¼ tsp. **dry mustard,** and ¼ tsp. **dried crushed red pepper** in a small saucepan. Bring to a boil over medium heat, stirring often; boil 1 minute. Remove from heat. Cover to keep warm.

Note: We tested with KC Masterpiece Original Barbecue Sauce.

MAKES about 1 / cups. **HANDS-ON** 10 min., **TOTAL** 10 min.

>PROP STYLING: BUFFY HARGETT MILLER; FOOD STYLING: ERIN MERHAR

by PAM LOLLEY ~ photograph by HECTOR SANCHEZ

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^†Symphony Health Solutions ProVoice™ Survey, Jan. 2005–Mar. 2014 ^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006–2014
**P&G Calculation based on Nielsen ScanTrack FD+, 2004–2014

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NUTRITIONAL INFORMATION *(per serving)*
CALORIES: 337; FAT: 11G; PROTEIN: 21.3G;
CARBOHYDRATES: 37.4G; SODIUM: 538MG

A Healthy Slice

Take advantage of smart supermarket shortcuts to make a homemade pizza that's healthier (and even faster) than delivery

Cooking Light DIET

Check out our sister brand's nifty new meal-planning tool. Sign up at *diet.cookinglight.com/sl20*, and get **20% OFF** with promo code **SL20**.

QUICK BBQ CHICKEN PIZZAS

Think pizza is off-limits while watching your waistline? Think again. Try this easy recipe that's ready in 30 minutes. Find more family-friendly, healthy dishes in the Cooking Light Diet, a great new meal planner from Cooking Light *magazine. Get custom meal plans based on what you like to eat. The meal planner counts the calories so you don't have to!*

- **Vegetable cooking spray**
- **¾ cup chopped red onion**
- **1½ cups shredded skinned and boned deli-roasted chicken breast**
- **¼ cup unsalted chicken cooking stock**
- **¼ cup reduced-sodium marinara sauce**
- **¼ cup bottled barbecue sauce**
- **1 (9-oz.) package 3 (7-inch) prebaked thin-and-crispy pizza crusts**
- **2 oz. fresh mozzarella cheese, sliced**
- **⅓ cup chopped green onions**
- **½ tsp. freshly ground black pepper**

1. Preheat oven to 450°. Heat a saucepan over medium heat. Coat pan with cooking spray. Add onion; sauté 2 minutes or until tender. Stir in chicken and next 3 ingredients; cook 3 minutes or until thoroughly heated. Remove pan from heat.

2. Spread about ½ cup chicken mixture over each crust; top with mozzarella cheese. Place pizzas directly on oven rack (for a crisp crust in less time). Bake at 450° for 9 minutes or until cheese melts. Top with green onions and pepper. Cut each pizza into 4 wedges.

MAKES 4 servings (serving size: 3 wedges). **HANDS-ON** 20 min., **TOTAL** 30 min.

FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CINDY BARR

photograph by JASON WALLIS

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RAISE THE BAR

TANGY RHUBARB AND SWEET RASPBERRIES MINGLE IN A PORTABLE, MAKE-AHEAD DESSERT

RASPBERRY "RHUBARS"

CRUST

- 2 cups all-purpose flour
- ½ cup powdered sugar
- ½ tsp. baking soda
- ¼ tsp. table salt
- ¾ cup cold butter, cubed
- ¾ cup toasted slivered almonds, coarsely chopped
- Vegetable cooking spray

RHUBARB-RASPBERRY FILLING

- ¾ cup granulated sugar
- ¼ cup cornstarch
- ¼ tsp. table salt
- 1 lb. rhubarb or 1 (1-lb.) package frozen rhubarb, thawed, cut into ½-inch-thick slices
- 2 (6-oz.) containers fresh raspberries
- 1 tsp. vanilla extract

CREAM CHEESE BATTER

- 2 (8-oz.) packages cream cheese, softened
- ¾ cup granulated sugar
- 2 large eggs
- 1 tsp. lemon zest
- 1 Tbsp. fresh lemon juice
- Garnish: powdered sugar

1. Prepare Crust: Preheat oven to 350°. Stir together flour and next 3 ingredients in a large bowl; cut butter into flour mixture with a pastry blender until crumbly. Stir in almonds. Press mixture onto bottom of a lightly greased (with cooking spray) 13- x 9-inch pan. Bake 15 to 20 minutes or until lightly browned. Cool on a wire rack until ready to use.

2. Prepare Filling: Stir together ¾ cup granulated sugar and next 2 ingredients in a large heavy saucepan; stir in rhubarb and 1 container raspberries. Let stand 15 minutes, stirring occasionally. Bring mixture to a boil over medium heat, stirring constantly. Reduce heat to low, and simmer 3 minutes, stirring constantly. Remove from heat, and stir in vanilla and remaining raspberries.

3. Prepare Cream Cheese Batter: Beat cream cheese and ¾ cup granulated sugar with an electric mixer until smooth. Add eggs, 1 at a time, and beat just until blended after each addition. Add lemon zest and juice, beating well. Spread Rhubarb-Raspberry Filling over Crust. Gently spread Cream Cheese Batter over filling.

4. Bake at 350° for 25 to 30 minutes or until set. Cool on a wire rack 1 hour. Cover and chill 4 to 8 hours. Cut into bars.

MAKES about 2 dozen 2- x 2-inch bars. **HANDS-ON** 40 min.; **TOTAL** 6 hours, 35 min.

PROP STYLING: BUFFY HARGETT MILLER; FOOD STYLING: ERIN MERHAR

by PAM LOLLEY ~ photograph by HECTOR SANCHEZ

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Day 1—Halifax, Nova Scotia
On arrival, transfer by hotel courtesy shuttle from Halifax airport. Welcome briefing.

Day 2—New Brunswick, Bay of Fundy
Morning drive to visit New Brunswick's most famous geological feature, the Flowerpot Rocks at Hopewell Cape. Observe the Bay of Fundy and see the highest tides on earth. The Fundy Tides rise and fall an astounding fifty feet throughout the day. Next, pass over gently rolling farmlands en route to Prince Edward Island National Seashore and enjoy a relaxing two night stay at your nearby country inn.

Day 3–Prince Edward Island
Visit the Anne of Green Gables House in Cavendish and stroll through settings from the literary classic. Enjoy a brief sightseeing tour of Charlottetown and leisure time downtown.

Day 4–Cape Breton Island
Morning ferry ride from Prince Edward Island back to Nova Scotia. Continue to Cape Breton Island and the Cabot Trail, one of the most beautiful drives in the world. See inspiring mountain and coastal scenery en route to Chéticamp. Spend a relaxing two night stay at this French-speaking Acadian fishing village.

Cape Breton Island

Day 5–Whale Watching
This morning, weather permitting, you enjoy a thrilling whale watching cruise on the rich waters of Cape Breton Island. Look for fin, minke, and pilot whales. Afternoon at leisure.

Day 6–Cabot Trail, Baddeck
Drive through forests, mountains, and valleys in Cape Breton Highlands National Park. Breathtaking ocean scenery unfolds as you follow the Cabot Trail from Pleasant Bay to Cape Smokey. Enjoy a relaxing two night stay in the charming resort town of Baddeck.

Day 7–Fortress of Louisbourg
Visit the crown jewel of the Canadian Park Service, the Fortress of Louisbourg. Enjoy a fun stroll through this 18th century fortress. The rest of your day is at leisure in Baddeck.

Day 8–Peggy's Cove, Halifax
This morning, visit the First Nation people of Nova Scotia at the Mi'kmaq heritage center. Learn about their history, legends and present day life. Continue to the idyllic fishing village of Peggy's Cove. Next, to the lively oceanfront town of Halifax for a relaxing two night stay.

Day 9–Halifax, Nova Scotia
This morning, enjoy a guided stroll along the historic waterfront and a visit to the Maritime Museum of the Atlantic. Your day is at leisure.

Day 10–"Au Revoir"
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LEGAL NOTICE

If you own or owned property with windows made by MI Windows, you may qualify for benefits from a class action settlement.

File an online claim now at www.MIWDTapeGlazedWindowSettlement.com

Para una notificación en Español, llamar o visitar nuestro website.

A proposed Settlement has been reached with MI Windows and Doors, LLC ("MIWD") relating to tape glazed windows manufactured by MIWD between July 1, 2000 and March 31, 2010. The lawsuit alleged water leakage and resulting damage to Class Members' windows and property. MIWD denies the allegations and there has been no determination of wrongdoing by the Court.

Who is included?

The Settlement includes both homeowners and contractors who own or owned a home or other structure with the included MIWD windows. A complete list of the windows covered by the Settlement can be viewed at www.MIWDTapeGlazedWindowSettlement.com. The website has photographs and detailed instructions on how to identify if your windows are part of the Settlement.

What does the Settlement provide?

If you have windows that are included in the Settlement, you may be able to make a claim for money, repair service or other benefits. The amount you may make a claim for will depend on a number of factors, including (1) the number of affected windows, (2) whether water leaked, causing a visible residue line, water staining or additional property damage, and (3) whether you previously paid money for certain repairs. Class Members may be able to receive monetary compensation plus replacement window sashes and repairs. The Settlement creates several categories of benefits. Visit the website for detailed information.

How do I make a Claim?

You can file an online claim *now* at the website. You can also download a paper Claim Form at the website or request one by calling the toll-free number below. There are multiple claim categories with different deadlines. The earliest deadline is **October 26, 2015**.

Your other options.

If you do not want to be legally bound by the Settlement, you must exclude yourself from the Class by **May 28, 2015**, or you will not be able to sue MIWD about the legal claims the Settlement resolves, ever again. If you exclude yourself, you cannot get money or other benefits from the Settlement. If you stay in the Class, you may object to it by **June 1, 2015**. The detailed notice available on the website explains how to exclude yourself or object.

The Court will hold a hearing, on **June 30, 2015**, to consider whether to approve the Settlement, and a request by Class Counsel for attorneys' fees, costs, and expenses of no more than $9,045,000 and incentive awards for the Class Representatives of $5,000. You or your own lawyer, if you have one, may ask to appear and speak at the hearing at your own cost, but you do not have to.

For more information, call or go to the website.

1-888-668-8198
www.MIWDTapeGlazedWindowSettlement.com

HOST DERBY DAY
(CONTINUED FROM P. 119)

BLACKBERRY-HONEY MUSTARD SAUCE

You won't find another condiment as pretty as this tangy and sweet blackberry mustard.

- ⅓ cup sugar
- 1 (6-oz.) container fresh blackberries
- ¼ cup honey
- 1 Tbsp. dry mustard
- 3 Tbsp. Dijon mustard
- 2 Tbsp. fresh lemon juice
- 1 tsp. kosher salt
- ⅓ cup extra virgin olive oil

1. Bring first 2 ingredients to a boil in a small saucepan over medium-high heat, stirring occasionally and mashing berries with the back of a wooden spoon. Reduce heat to medium, and simmer, stirring often and mashing berries, 2 to 3 minutes or until slightly thickened. Remove from heat, and pour mixture through a fine wire-mesh strainer into a blender, pressing with spoon to release juices; discard solids.

2. Add honey and next 4 ingredients to blender; process on low 20 seconds. Increase blender speed to high, and process 30 seconds. With blender running, add oil in a slow, steady stream, processing until smooth.

Transfer mixture to a small bowl; cover and chill 1 to 12 hours.

MAKES about 1 ⅓ cups. **HANDS-ON** 20 min.; **TOTAL** 1 hour, 20 min.

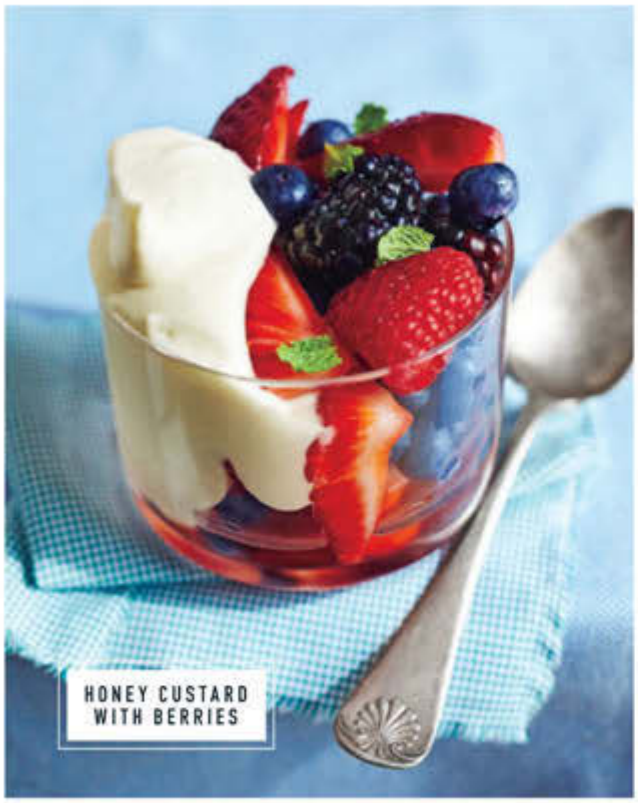
BACON-AND-SWEET ONION JAM

- 4 uncooked thick applewood-smoked bacon slices, chopped
- 1 Tbsp. butter
- 2 medium-size sweet onions, chopped
- 4 large shallots, chopped
- ½ cup balsamic vinegar
- 3 Tbsp. light brown sugar
- 2 ½ tsp. kosher salt
- 2 Tbsp. chopped fresh chives
- 2 tsp. chopped fresh thyme

1. Cook bacon in a medium skillet over medium-low heat, stirring occasionally, 8 to 10 minutes or until crisp. Remove bacon, and drain on paper towels, reserving drippings in skillet.

2. Add butter to drippings, and stir until butter melts. Increase heat to medium; add onions, and sauté 10 to 12 minutes or until tender. Add shallots, vinegar, sugar, and kosher salt, and cook, stirring constantly, 1 to 2 minutes or until sugar dissolves.

3. Reduce heat to low, and



cook, stirring occasionally, 20 to 25 minutes or until onions are very tender and brown. Remove from heat; stir in chives, thyme, and bacon. Cool completely (about 20 minutes), or refrigerate in an airtight container up to 3 days.

MAKES 1 ½ cups. **HANDS-ON** 35 min., **TOTAL** 1 hour, 15 min.

HONEY CUSTARD WITH BERRIES

If you don't have white balsamic vinegar, substitute Champagne vinegar or apple cider vinegar.

- **1 cup heavy cream**
- **4 large egg yolks**
- **¼ cup honey**
- **¼ cup white wine (such as Sauvignon Blanc)**
- **1 Tbsp. white balsamic vinegar**
- **6 to 8 cups mixed fresh berries (such as strawberries, blueberries, blackberries, and raspberries)**
- **Garnish: fresh mint**

1. Beat cream in a medium bowl at medium-high speed with an electric mixer until soft peaks form. Cover and chill until ready to use.

2. Whisk together egg yolks, honey, wine, and balsamic vinegar in top of a double boiler. Bring water in bottom pan to a light boil. Cook egg yolk mixture, whisking constantly, 8 to 10 minutes or until thick and foamy.

3. Remove from heat. Fill a large bowl with ice. Place top of double boiler containing egg yolk mixture in ice, and whisk 5 minutes or until completely cool. Remove from ice bath, and fold in whipped cream. If desired, cover and chill up to 24 hours. Spoon berries into bowls, and serve with custard.

MAKES 8 to 10 servings. **HANDS-ON** 30 min., **TOTAL** 30 min.

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RICK BRAGG is a Pulitzer Prize-winning writer and author of several best-selling books, including *Ava's Man* and *Jerry Lee Lewis: His Own Story.*

Donkey Business

How I went from a proud rancher of bulls to a jackass man

I am a miniature donkey rancher. Wait, let's begin again. That makes me sound like a tiny man, with tiny donkeys.

I am a rancher of miniature donkeys. No sense in making it sound worse than it is.

It all started with cows, with a whole pasture full of noble cows. Purebred, white-faced, rust red Herefords, including a bull or two, grazing on the mountain land below my mother's house. A man with cows on his property is a serious man. A man who has bulls on his range is even more serious. No whistle britches will even climb in a fence with a bull.

They were already on the land when we bought it, but I loved having them there. You see, I have always been just a little ashamed of being a writer. To my people, it is not serious work, not something a real man would do. On airplanes, it seemed I always sat next to an oil driller, or a welder on the pipeline. When I told them I was a writer, they looked at me like I cut out paper dolls for a living.

But when we inherited those cows, I would merely squint at these rough men, and mumble:

"I raise bulls."

Eyebrows lifted.

Respect did too.

Then my mama made me get rid of them.

She called me and told me a bull had chased her when she went down to the stock pond to feed her fish. I had told her she did not have to feed the bass and bream there. She ignored me and, every day, took them a loaf of white bread, leaving us with the only fish in the state of Alabama with diabetes. But that is another story.

According to her, one of the bulls chased her out of the pasture, so of course we had to get rid of the whole herd. Not long after that, she told me the pasture looked lonesome.

"I sure would like to have two of them miniature donkeys," she said, and because she dragged me on a cotton sack when I was a baby, I got them for her.

Bucky and Mimi.

The day they arrived, from a miniature donkey conglomerate in Baldwin County, Mimi snuck up behind me while I was scratching Bucky's nose and bit me on the tendon behind my knee. Bucky kicked me so hard I staggered. Things have pretty much spiraled downward from there.

But my mother loves them, calls them her little "dah-lings" and talks to them like they are people.

"They love me," she said.

"They love you more with a feed bucket in your hand," I said.

But there is a kind of magic in them. It is impossible to look at them, with their potbellies and big heads and tiny legs, and not smile, not feel better.

So, I am in the donkey business. That mostly means I buy feed. A lot of feed. And call the vet. And, when no one is watching, rub Bucky and Mimi on their noses.

I am a jackass man. I am a muleteer.

And on the plane, when one of those rough ol' boys asks me what I do for a living, I look him in the eye and hiss:

"I'm a writer."

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